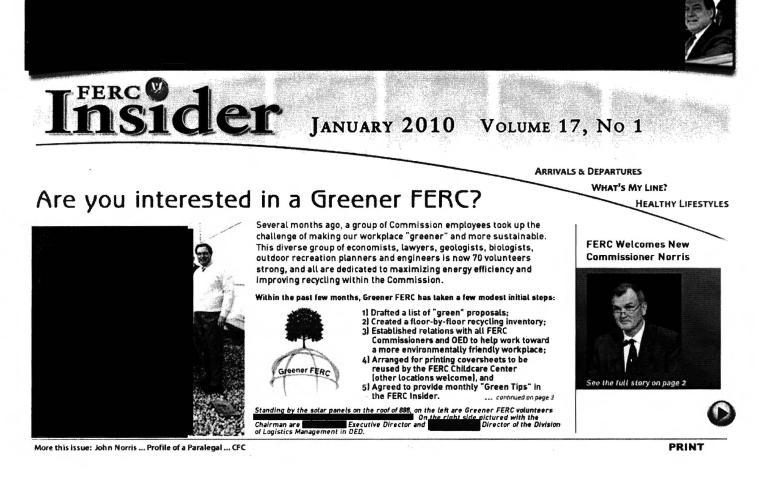
This document is made available through the declassification efforts and research of John Greenewald, Jr., creator of:



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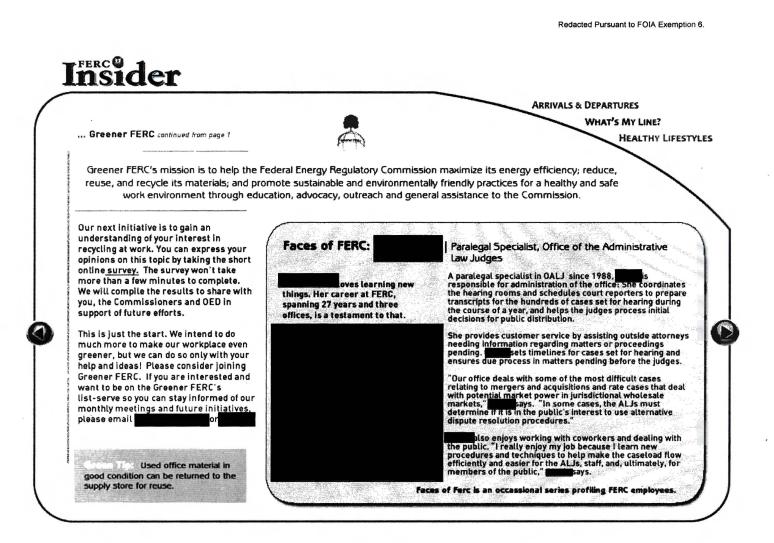


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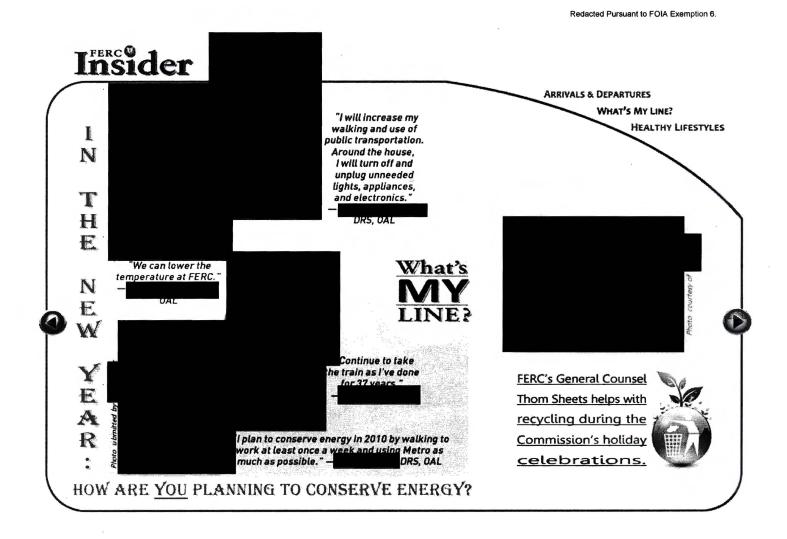
Insider **ARRIVALS & DEPARTURES** WHAT'S MY LINE? FERC Welcomes New Commissioner HEALTHY LIFESTYLES John Nomis was swom in on Upon being confirmed by the full Senate, Mr. Norris said the following: "I am grateful for the opportunity to serve on the Federal Energy Regulatory Commission and working toward ensuring open and fair energy markets in which consumers, retailers and wholesalers can January 11 as a Commissioner at the FERC. President Barack Obama have confidence. We face many challenges as we chart the course for America's energy future. John Norris is sworn in as a nominated him June 10, Commissioner at FERC by Chairman Wellinghoff. 2009, to serve at FERC. Photo courte The FERC will play a critical role in meeting those challenges, including minimizing the impact The U.S. Senate confirmed his nomination on Christmas Eve. changes will have on consumers, ensuring adequate investment in upgrading and building new infrastructure and meeting our nation's goals for reducing CO2 emissions. John Norris "I am humbled by the trust and support I have received from President Obama, Senator Reid, Chairman Bingaman, Senator Murkowski and the Members of the Senate Energy and Natural Resources Committee. I look forward to getting started and making myself accessible to all our citizens in carrying forth my duties and responsibilities to this great country." Mr. Norris served as the Chairman of Iowa Utilities Board for five years prior to serving as Chief of Staff to the U.S. Secretary of Agriculture's Tom Vilsack prior to his confirmation as a Commissioner at FERC. As a member of Natio Tel Association of Regulatory Utility Commissioners (NARUC) he served on the Electricity Committee and was Co-Chair of the 2009 National Electricity Delivery Forum. Mr. Norris also has served as a member of FERC-NARUC Demand Response Collaborative. Photo at left: Commissioner John Norris and his family wife the second and sons, from left and here at his Senate Energy and Natural Resources Committee confirmation hearing last summer. The FERC Insider is an internal publication by and for the employees of the Federal Energy Regulatory Commission EDITORIAL and is not intended for external sale or distribution. It is written and published under the auspices of the Office of WEB DESIGN External Affairs, Director. All photographs, unless otherwise noted, are by PHOTOGRAPHY All photos are the property of FERC and may not be reproduced without permission.

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ARRIVALS & DEPARTURES

WHAT'S MY LINE? HEALTHY LIFESTYLES

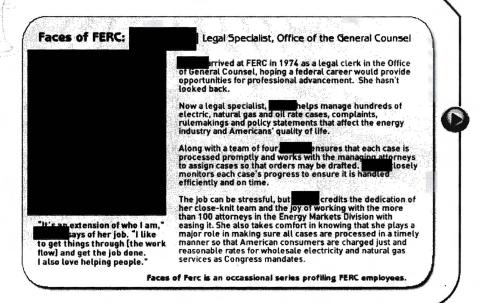
Healthy LifeStyles

Rather than aiming to lose a lot of weight in a short time by depriving yourself, try cutting back on portion sizes. Aim for an average of one pound a week. Although that does not sound like much, it will equate to approximately fifty pounds in a year, that you will probably not gain back. Remember, there are no good foods or bad foods, just amounts of food and calories. Try to limit empty calories, "junk food", to occasional treats. Finding thirty to sixty minutes everyday to exercise is difficult for most working people. Instead, make yourself a "date" to do that once a week and the rest of the week do three - five minute exercise programs a day. After a few weeks, increase the duration to ten minutes. Anyone can find a few minutes everyday. Use stairs whenever possible. Any form of movement is exercise. Walk to the television to change the channel, even though you are using the remote and exercise during commercials. You will be surprised how much exercise you can do during a one hour program.

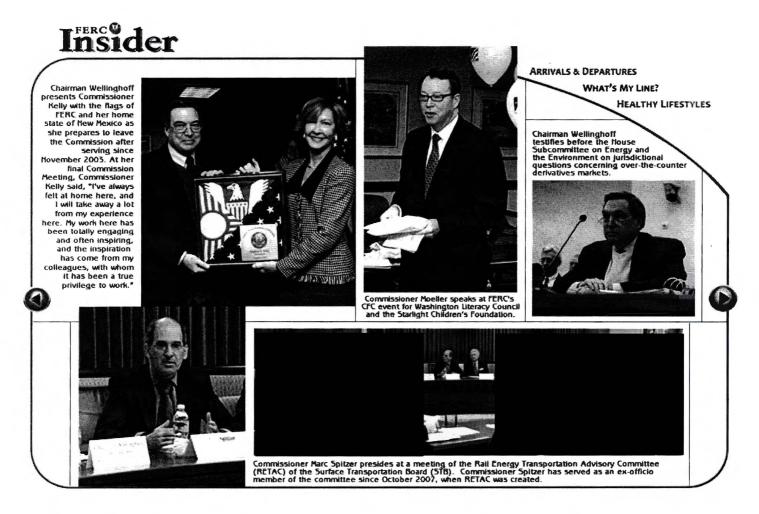
Most smokers know how to quit. They have done it numerous times. If you have not been able to quit by just stopping, try cutting back slowly on the number of cigarettes you have each day. Choose times when you will not smoke; i.e. such as in the car. When you are comfortable at the lower number of cigarettes, drop another one.

If you would like assistance in any of these areas, do not hesitate to contact the Health Unit, 6112.

With the New Year came resolutions. To lose a lot of weight, to exercise for an hour a day, to stop smoking "cold turkey", to stop eating junk food. Studies have shown that most people give up within a couple months, most by the end of January, because they have set goals that are very difficult to attain. Setting short, easy to attain goals will make it easier to get back on track and to keep these resolutions.



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COMMISSION'S 2009 CFC CONCLUDES ON HIGH NOTE

Commissioner Moeller and FERC CFC Campaign ire joined by Manager (left) with the Starlight Children's Foundation and Liz Liptak with the Washington Literacy Council.

FERC Earns Prestigious Summit Award All Fourteen Commission Offices Exceeded Dollar Goals

FERC's 2009 Combined Federal Campaign concluded on an especially high note: Contributions amounted to a record \$419,496. All 14 of the Commission's offices met or exceeded their dollar goals. That means that once again, the Commission earned the prestigious Summit Award given to Cabinet-level departments and federal agencies whose campaign receipts exceed their prior year's donations by at least 3 percent.

As in years past, the FERC Community demonstrated an envisible level of concern for the less fortunate. This generosity reflects well on all who work at the Commission. With this year's campaign, we forged another link in an unparalleled tradition of generosity.

This year 798 of 1,526 employees contributed, making our participation rate 60 percent, a show of generosity by FERC employees that is especially noteworthy in these difficult economic times. Overnment-wide, the participation rate in the National Capital Area was 27 percent. FERC stands proudly in the front ranks of our peers in the National Capital Area, and across the U.S. Government nationwide.



OGC's a 31-year Commission veteran, managed the CFC for an unprecedented sixth year in a row. Earlier this year was honored with the 2008 Star of the Year Award as being the best Combined Federal Campaign Manager in the flational Capital Area. For the 2009 CFC, **Manager** was ably assisted by Loaned Executive Sharon Matthews from the Department of Health and Human Services Administration on Aging, as well as the staff at CFC National Capital Area

At President Obema's personal request, Chairman Jon Wellinghoff served as Honorary Chair of FERC's 2009 Combined Federal Campaign.

... continued on page 8

CFCI

Headquarters.

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Insider

... 2009 CFC continued from page 7

with the Washington Literacy Council (left) with the Starlight Children's and with the Foundation at a CFC event.

Executive Director **Executive** Served as Honorary Campaign Vice-Chair. It is particularly fitting that donations from the Office of the Executive Director put our 2009 drive over the top in our effort to earn the prestigious Summit Award.

0

In this year's stellar six-week campaign the in this year's stellar six-week campaign the amount raised was \$89,496 over the campaign dollar goal of \$550,000. The 2009 \$550,000 campaign dollar goal was raised \$15,000 over the 2008 goal. This year there were 111 Eagle level and 21 Double Eagle level donations. These 132 eagle level donations amount to 16.65 percent of all FERC donations, or better than 2.38 times the pational wereare. national average

It is noteworthy that this year's contributions exceeded the Commission's previous record of \$402,920, set in 2008. Throughout the National Capital Area the campaign dollar goal was \$64 million. Latest data put CFCNCA receipts at \$54,446,655.

As has been the custom in recent years, the FERC program featured well-attended campaign events

each week to showcase the diverse selection of CPC beneficiaries from among the 4,000 charities included in the CPC Catalogue of Caring. This Included in the CFC Catalogue of Caring. This year, a record number of representative charities participated: Alliance to Save Energy, Art for humanity, Duke Ellington School of the Arts, Earth Share, FERC Child Development Center, Fidos for Freedom, Ford's Theatre Society, Oxford House, Raptor Conservancy of Virginia, Starlight Children's Foundation, Washington Area Bicyclist Association and Washington Intercry Courcel and Washington Literacy Council.

In his welcoming remarks to each campaign event, individually thanked by name the committee members who helped him to make the annual CFC the success it is:

have already expressed a willingness to help out again in 2010. This dedication is a credit to us all.

At the suggestion of Chairman Wellinghoff, members of the FERC Community were invited to propose charitles to participate in an innovative charity fair campaign finale. Ultimately, seven diverse charitles participated. Barker Foundation, Brain Injury Services, Environmental Fund for Maryland, FERC Child Care, Habitat for Humanity for Northerm Virginia, Mentoring to Manhood, and USA Cares, Inc. Each participating charity's presence highlighted how worthy CFC causes touch peoples' lives locally, regionally, and lonally and peoples' lives locally, regionally, nationally and internationally. further, it should be noted that many members of the FERC Community contribute their own money, volunteer their services, or are beneficiaries themselves of the good works performed by these worthy charities.

An outstanding characteristic of the Commission's annual CFC is the extraordinarily high number of dedicated true volunteers who agree to serve year after year on CFC campaign committees. 2009

ARRIVALS & DEPARTURES

P:WER OF COMMUNITY

WHAT'S MY LINE?

HEALTHY LIFESTYLES COMPASSION OF INDIVIDUALS

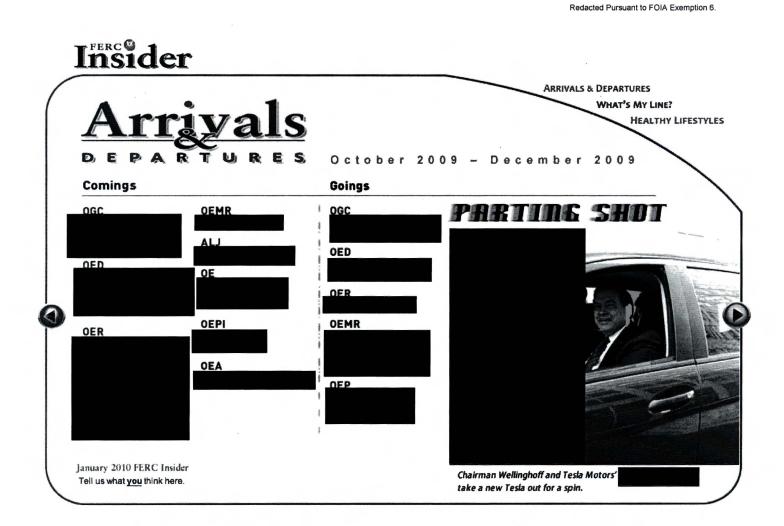
was no exception. The entire 2008 CFC campaign committee agreed to serve again in 2009. This is especially praise-worthy.

Another halimark of the campaign is the chance to win fabulous door prizes for those who attended the weekly events. CPC Headquarters provided with a generous supply of CPC official water jugs, which will surely be collectors' items in years to come. The Commission's fitness center donated T-shirts, as did the Day Care Center.

Sunrise Café donated five sumptuous all-you-can-eat free lunches (maximum value \$7). Commissioner Philip Moeller, an enthusiastic CFC supporter, donated a free lunch with no \$7 price cap for a winner and a guest of the winner's choice. Commissioner Moeller's office earned choice. Commissioner Moeller's office earned highest honors by raising a staggering 336 percent over its dollar campaign goal, and was the first office to reach 100 percent participation. The Office of Administrative Law Judges was the largest office to reach 100 percent participation, and went 179 percent over its dollar goal. Chairman Wellinghoff also donated a free lunch with no 87 prize can be a kirkwinger. with no \$7 prize cap to a lucky winner.

Finally, said he wishes to thank all donors, Finally, and said he wishes to thank all donors, key workers, office captains, CPC committee members, office directors, and Commissioners who helped make the 2009 CPC the extraordinary success it was. A success the success aready volunteered to manage the Commission's 2010 Combined Federal Comparison Campaign.

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FEBRUARY 2010 VOLUME 17, NO 2 **ARRIVALS & DEPARTURES** 'Doc,' Lenair Help FERC Celebrate Black History Month WHAT'S MY LINE? HEALTHY LIFESTYLES HOT TOPICS Black History М N T H FERC celebrated its 24th Annual Black History Month r ERC. Celebrated its 24th Annual Black History Month program on February 4 with keynote speaker Rick "Doc" Walker taking center stage. A veteran NFL player, and member of the 1982 World Champion Washington Redskins, Mr. Walker inspired the audience with words of wisdom and truth by emphasizing the need for all people to focus on their legacies. ... continued on page 2

More this issue: Greener FERC CFC Ten Qs

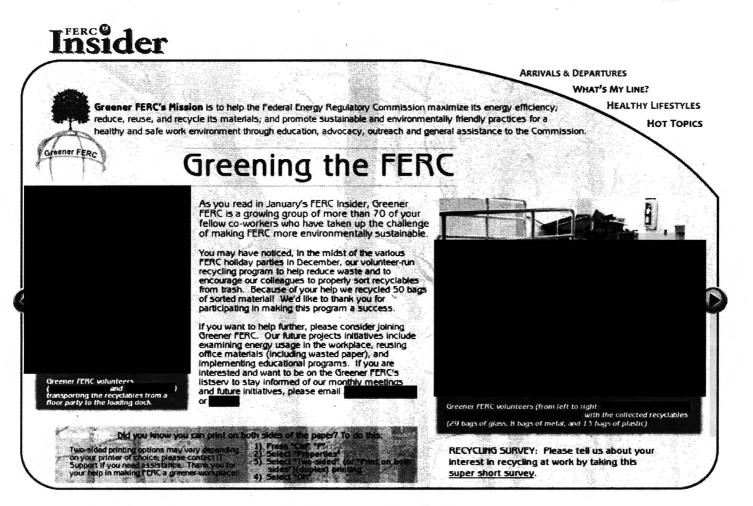
FERC

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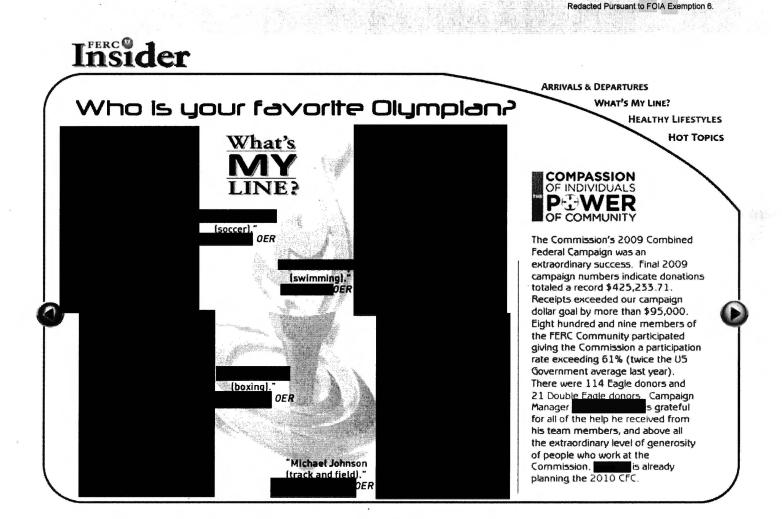
PRINT

Redacted Pursuant to FOIA Exemption 6. Insider Black History **ARRIVALS & DEPARTURES** WHAT'S MY LINE? ... Black History HEALTHY LIFESTYLES continued from page 1 HOT TOPICS "You have to create relevance," Chairman Jon Wellinghoff welcomed employees to Chairman Jon Wellinghoff welcomed employees to the program by focusing on this year's theme, "The History of Black Economic Empowerment." He highlighted the National Urban League and the impact the organization has made, through public policy, to improve the lives of nearly 2 million people nationwide. The National Urban League, which is celebrating its centennial this year, is a civil riabit organization dedicated to economic Members of the audience were treated to an outstanding musical performance by Brian Lenair and Friends. The group, introduced by OEA's R&B songs from its latest CD as well as songs by featured civil rights organization dedicated to economic empowerment of urban communities in need. OEA's served This year's event was Director of OEA, as the Mistress of Ceremonies and co-sponsored by the Special Emphasis Committee and the Office of External iso touched on this Affairs. year's theme by speaking of the importance of having business Each February is and financial skills in today's designated Black History Month to commemorate world and using them to make a difference for the future. the rich and varied contributions of African Finally, a second bighlighted the need for today's young adults to respect their elders. "They stood for so much," he said. "They Americans to U.S. culture and history. At left: "You have and had character, spirituality and a to create relevance." Friends entertain FERC. thirst for education. The FERC Insider is an internal publication by and for the employees of the Federal Energy Regulatory Con EDITORIAL and is not intended for external sale or distribution. It is written and published under the auspices of the Office of External Affairs, Director, All photographs, unless otherwise noted, are by WEB DESIGN PHOTOGRAPHY All photos are the property of FERC and may not be reproduced without permission.

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Healthy LifeStyles

Insider

Sebruary is American Aceart Month.

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WHAT'S MY LINE?

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ARRIVALS & DEPARTURES

Most people now realize Cardiovascular Disease (CVD) is the # 1 killer of both American men and women and all races; more than AID5 and cancers of the breast, lung, skin, and prostate combined. Most Cardiovascular Disease and Coronary Heart Disease (CHD) are preventable. These conditions actually begin to cause changes at a much younger age than when the symptoms begin to occur; as early as teens and twenties. The factors that influence CVD or CHD that you have no controls over are age, sex, race and heredity. Factors such as smoking, weight, uncontrolled hypertension, uncontrolled diabetes and diet are controllable. Correcting these problems can slow down or even reverse various types of heart disease.

hypertension is called the silent killer since it usually has no symptoms. Uncontrolled hypertension leads to blood vessel damage causing kidney failure, lung problems, and blindness as well as heart attacks and strokes. Many people can avoid or reduce their medications by avoiding smoking, reducing their weight, salt, fat and alcohol intake, monitoring their blood pressure and blood sugar regularly, increasing exercise (walking), eating fresh fruits, vegetables and whole grains. Many people are very sensitive to the effects of salt and/or caffeine and need to limit their intake. It is also important to take blood pressure and/or diabetic medications as prescribed and avoid decongestants if you have hypertension.

It is also important to monitor your blood pressure. Any FERC employee may stop in the Health Unit, Room 3-F, to have his or her blood pressure checked or obtain information on cardiovascular disease, hypertension, nutrition and/or exercise.

Web sites - www.womenheart.org; www.americanheartassociation.org

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FERC Explores Efficient Integration of Renewables into the Grid

"We are seeing a rapid expansion in the use of renewable energy technologies around the country that have the potential to reduce greenhouse gas emissions and electricity costs for consumers," FERC Chairman Jon Wellinghoff said. "To accommodate that expansion, it is our job to ensure that FERC has in place the market and operational reforms necessary to ensure that all wholesale electricity tariffs are just, reasonable and not unduly discriminatory."

"Besides the critical need for new transmission lines to deliver these clean domestic resources, we also need to address the difficulties of integrating into the grid an energy supply that is variable, which by its very nature has characteristics unlike those of traditional generation sources that are easily controlled and dispatched," Commissioner Moeller said. "I am especially interested in the ability of the industry to improve the supply forecast of these resources, but all of the issues in this Notice of Inquiry (NOI) are significant."

"The NOI is an important step in the Commission's efforts to ensure that the nation's consumers benefit from increased development of these important renewable resources," Commission Spitzer commented. "The NOI seeks input from all segments of the industry and markets and gives them an opportunity to educate the Commission on what needs to be done to remove barriers to the efficient and reliable integration of renewable resources on the nation's grid."

At the January 21 Commission Meeting, FERC voted on a Notice of Inquiry seeking public comment on whether to reform any of its rules or procedures as the nation's generation portfolio expands to include more variable energy resources such as wind, solar or non-storage hydro generating plants. Growing use of these types of facilities presents unique challenges to the electric power industry, such as location constraints and limited ability to dispatch, but also offers benefits such as low marginal energy costs and reduced greenhouse gas and other emissions.

Read the entire NOI on FERC.gov.

Hot Topics Hot Topics Hot Topics Hot Topics Topics

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WHAT'S MY LINE?

HEALTHY LIFESTYLES

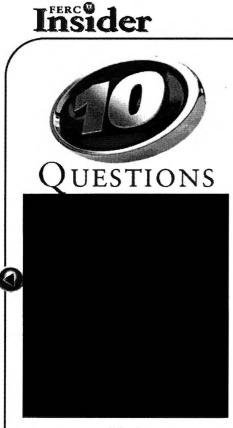
Fast is taking a rosa look at regulatory policies to integrate the rapidly increasing number of variable energy resources into the nation's power yrid in the most efficient and non-discriminatory manner while maintaining power system reliability.

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WHAT'S MY LINE?

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HOT TOPICS



Get to know your FERC colleagues through our new 'Ten Questions For... feature in future editions of the Insider!

Ten Questions For...

Name:

Current Position at FERC: Management Analyst in the Division of Logistics Management (DLM) in OED.

How long at FERC? One year of service (01/21/09)

What do you like most about your job here? I really like how our division is involved in major projects from all of the program offices, and contributes to make a difference at FERC!

Previous jobs:

Previous jobs: My professional career started with Neopost (only competitor to Pitney Bowes). After Neopost I switched industries and worked for Bozzuto Management; worked as a Leasing Consultant at an apartment community in Centreville, Virginia. On the side, I help manage my father's construction company, Romero Construction. Working at Romero Construction has been a tremendous evenerine thus far: thanks to my father Lean experience thus far; thanks to my father I can now be considered a "Handy Man"!

Hometown: Bogota, Colombia

Currently live in: Fairfax, Virginia

ARRIVALS & DEPARTURES

How you spend your free time: I enjoy traveling, especially internationally. I spend most of my free time hanging out with my family, friends, and my beautiful fiance, Stephanie!

Family:

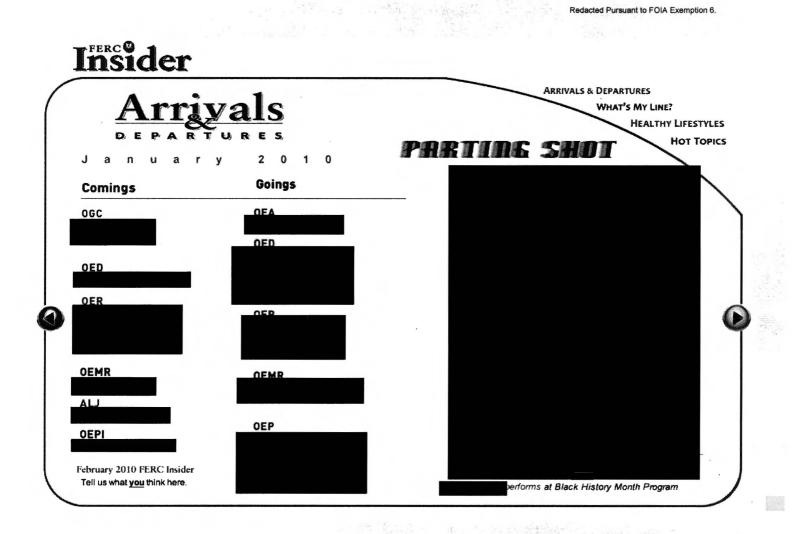
My immediate family includes my parents and an older sister. My father retired as Master Chief Petty Officer in the Colombian Navy and is now the President and CFO of Romero Construction. My mother is a resource mother at the Northern Virginia Urban League, which advises pregnant teenagers. My sister is the most loving person ever! Also, I can't forget The Longs, my newest family and future in-laws. My family tree has more branches and roots than the redwood, the world's tallest tree!

Pets:

I have two dogs, a Yorkshire terrier (Davinchy, 3) and a Brindle American Pit Bull (Marcy, 5) They were raised in Spanish and are both bilingual!

One thing your colleagues would be surprised to know about you: I eat four to five times a day, can cook great meals, and I'm a Dallas Cowboys fan!!

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FERC Keeps Working During Historic Snowstorm

The historic snowfall in the Washington, D.C., region in February forced the official closure of the Federal Government for four full workdays. This event, however, did not stop FERC employees from doing important work. As FERC Chairman Jon Wellinghoff recently noted, "The work of the Commission continued. Our Regional Offices were open for business and running smoothly. And, I want to acknowledge our Headquarters Security Staff who came in every day to ensure that the building was secure."

"I am continually impressed by the commitment of FERC staff to the work that we do, and I am thankful to serve as the Chairman of the Commission for such a hardworking group of people," the Chairman said.

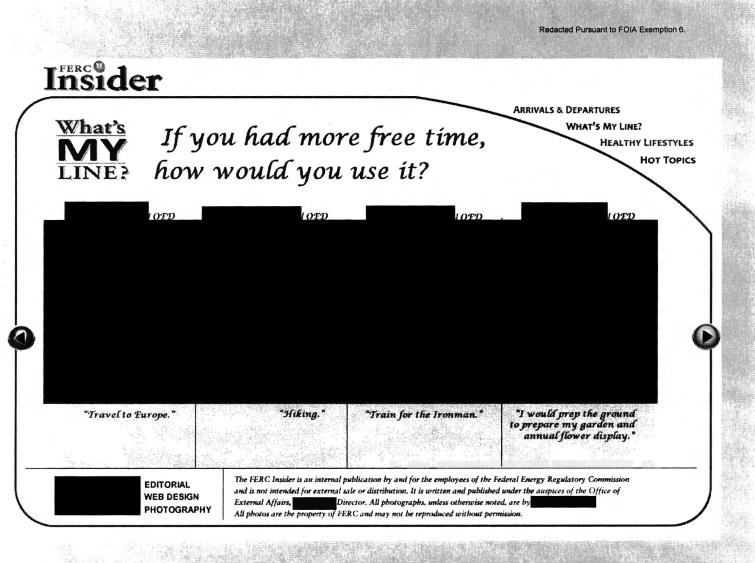
As noted by the Chairman, staff was busy working on the orders for the monthly open meeting agenda and for notational orders issued during the storm. From Friday, February 5, when the government was closed for a half a day to Friday, February 12, the Commission issued 12 orders notationally while the Commission issued six tolling orders. To accomplish this, the Chairman noted, staff drafted orders, answered questions from the Commissioners, and revised drafts. In addition, the Office of the Secretary was at 888 to issue the orders once they were voted out by the Commission. ARRIVALS & DEPARTURES WHAT'S MY LINE? HEALTHY LIFESTYLES

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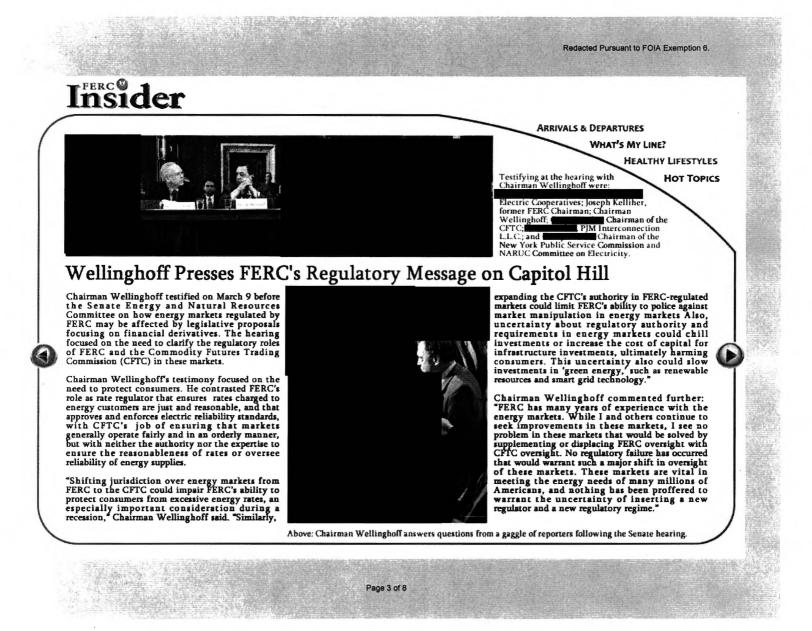


More this issue: Greener FERC obit Spring Sale

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Insider

FERC Grants Market-Based Rate Authority to Google

Google

The evolution of the energy industry took another step at the February open meeting when FERC Commissioners granted market-based rate authorization to Google Energy, a wholly owned subsidiary of Google, Inc., the technology company focused on web-based services.

Google Energy in December filed an application for market-based rate authority and accompanying tariff providing for the sale of energy, capacity and ancillary services at market-based rates.

"We are transforming into a new energy era slowly, and the fact that a Google is interested in market-based rates is a characteristic of that," Commissioner Moeller said at the meeting. Google Energy was formed to identify and develop opportunities to contain and manage the cost of energy for Google, Inc. Google Energy states that it intends to act as a power marketer, purchasing electricity and reselling it to wholesale customers. The Commission determined that Google Energy satisfied the standards for market based rates: Neither Google Energy nor its affiliates own any power generation or transmission facilities, nor do they serve electric consumers in any franchised service areas. The companies also do not control any inputs into electric power production that could be used to restrict market entry by competing power suppliers.

Like all other market-based rate sellers, Google Energy will be required to file with the Commission Electric Quarterly Reports and conditions in every effective service agreement for market-based power sales and transaction information for effective short-term and long-term market-based power sales during the most recent calendar quarter. And like other market-based rate sellers, Google Energy must report to the Commission any change in status that would reflect a departure from the conditions the Commission relied upon in granting market-based rate authority.

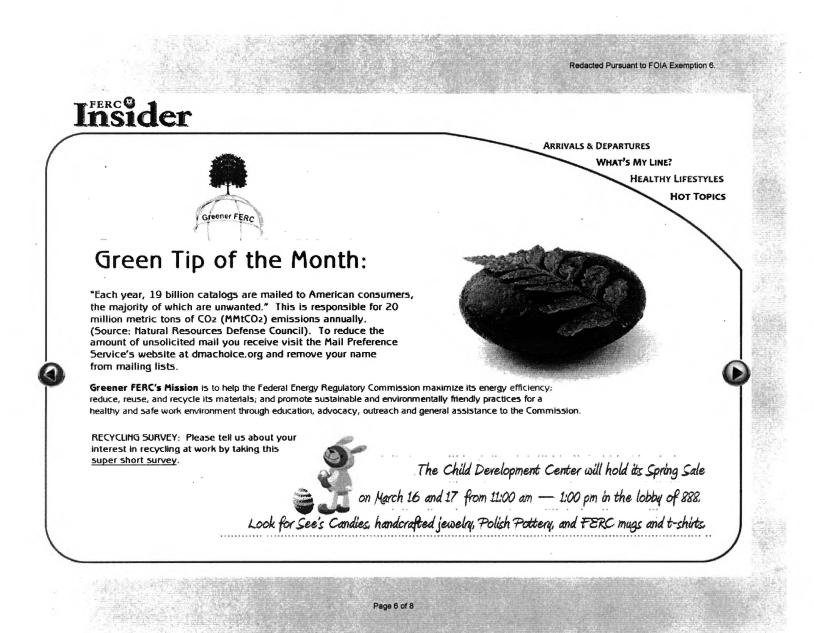


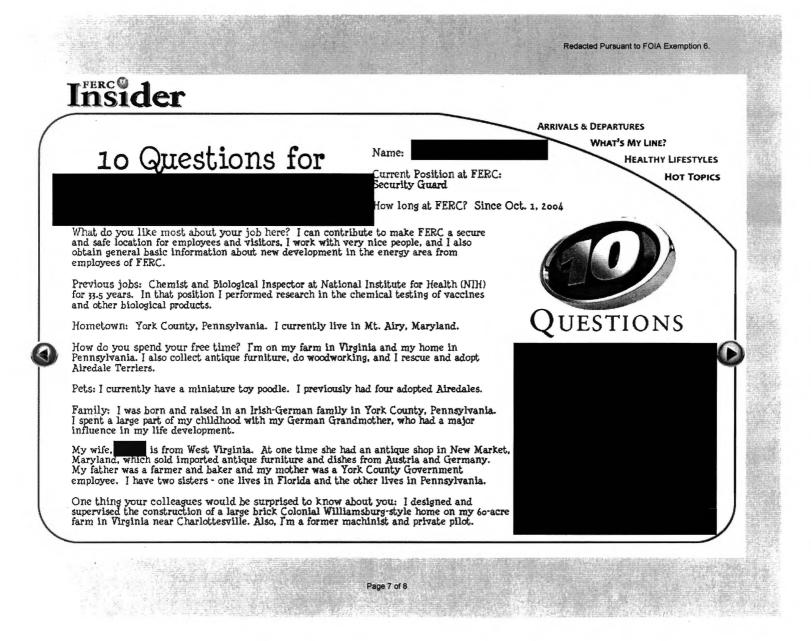
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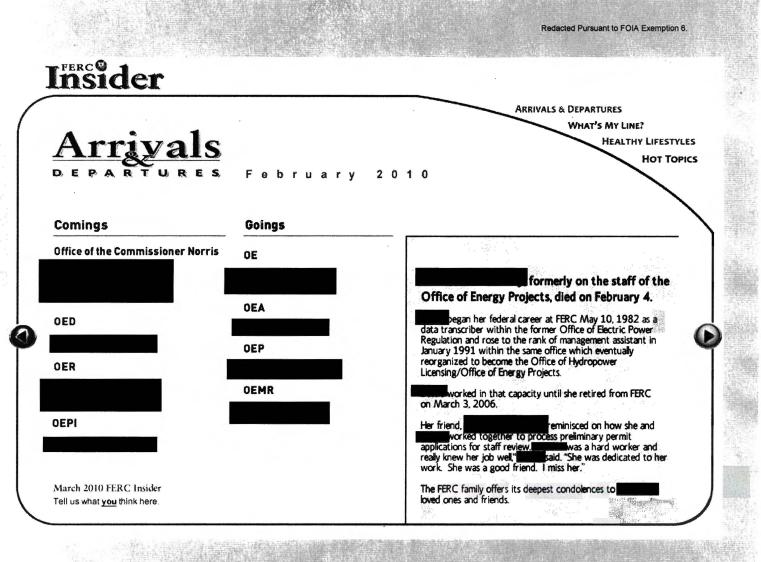


Redacted Pursuant to FOIA Exemption 6 Insider **ARRIVALS & DEPARTURES** LifeStyles WHAT'S MY LINE? HEALTHY LIFESTYLES HOT TOPICS ACHOO! ACHOO! For allergy sufferers, spring will come this year with a vengeance. An allergy is the body's immune system's over-response to foreign substances such as pollens or molds. This response is similar to the way your body responds to protect you from cold viruses and bacteria. Some people are more sensitive to these irritants than others. This year, molds will be a major problem because of all the melting snow. Extremely high pollen counts from trees, grasses and weeds are yet to come. The most common allergy symptoms are nasal and/or throat congestion, runny nose, itchy eyes, throat and/or nose, dark shadows under the eyes and a general feeling of, "I don't feel sick, but, I don't feel well either." Severe respiratory symptoms - asthma and bronchitis - are uncommon. While avoiding allergens is the best treatment, doing so is frequently not possible. This is especially true with pollens. As the spring and summer progress, the best treatment is to treat severe allergic symptoms on a regular, daily basis with antihistamines such as Benedryl, Chlortrimeton, Claritin, Allegra, Zyrtec, Allevert, Tavist ND and Corcidin or their generic versions. Decongestants (Sudafed) only treat the symptoms, not the causes of the symptoms. Other tips for dealing with allergies: · Take a shower at night before you go to bed and wash your hair daily. If you cannot wash it every day, wrap your hair in a scarf to keep the pollen off your pillow. . Drink plenty of water daily to flush the histamine (what causes the reactions) from your body. If these treatments are ineffective, contact your physician for further evaluation and treatments. Please do not hesitate to contact the Health Unit, 8112, Room 3-F, if you have any questions.

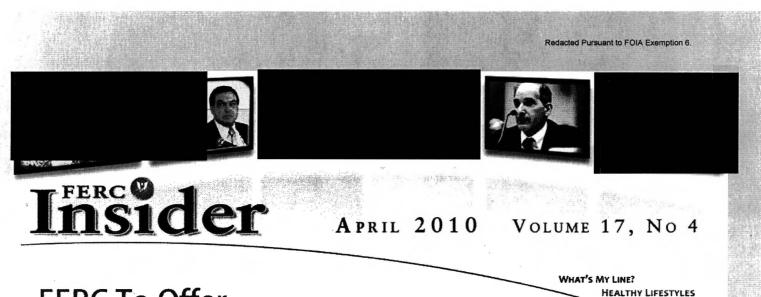
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FERC To Offer Employee Bicycle Commuter Subsidy

FERC will offer employees the opportunity to participate in a bicycle subsidy beginning this spring. This makes FERC one of the first federal government agencies to offer such a subsidy to employees.

HOT TOPICS

PRINT

 The program will help to reduce green gas emissions, improve air quality and reduce traffic congestion in the D.C. area while providing a non-taxable subsidy to encourage employees to travel by bicycle for their daily commutes, all efforts FERC supports.

Participants in the program may be reimbursed up to \$20 per month or \$180 per year for commuting-related expenses, as the benefit is being offered for nine months of the year. If employees participate in the bicycle subsidy program, they will not be able to participate in the transit subsidy or parking programs.

"It is important to institutionalize biking at FERC," says OEMR's who commutes daily by bicycle. "We really appreciate the agency's cooperation and willingness to execute this."

- continued on page 3

More this Issue: Around the Commission ... Greener FERC ... New Phones

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WHAT'S MY LINE?

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of the major orders FERC issued at the March 18 Commission Meeting was a proposal intended to ensure adequate compensation for demand response resources in organized wholesale electricity markets to enhance their competitiveness. Competitive markets bring more options to consumers, enabling them to lower prices.

"As FERC looks to improve the role of demand response in the functioning and competitiveness of organized markets, our next logical step is to offer this proposal and to ask a variety of questions about it." Chairman Jon Wellinghoff said. "I am eager to hear what stakeholders have to say about this."

The Notice of Proposed Rulemaking (NOPR) proposes, and seeks comment on, requiring organized wholesale energy markets. known as Regional Transmission Operators (RTOs) or Independent System Operators (ISOs) in which demand response resources participate as a resource, to pay demand response providers the market price for energy for reducing consumption below their expected levels.

FERC is seeking comment on this proposal and on the merits of alternative approaches in comparison to the approach proposed. Further, the Commission seeks comment on whether regional differences among the markets justify the current difference in compensation across the RTOs and ISOs. View the NOPR

EDITORIAL WEB DESIGN PHOTOGRAPHY

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FERC

Focuses on

Demand

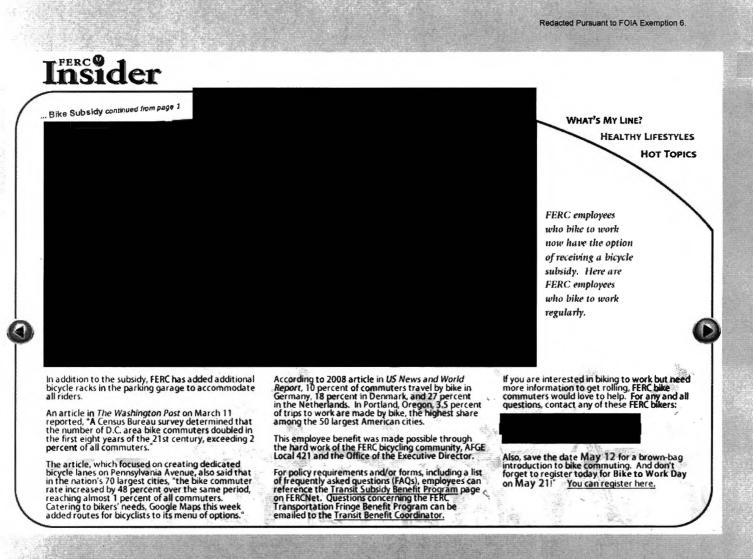
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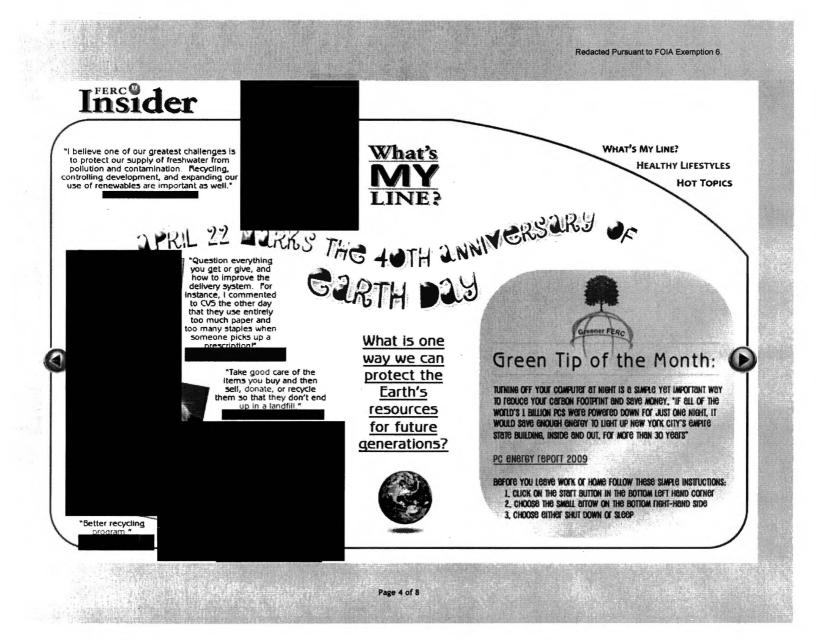
A regular review of important,

interesting actions by the Federal Energy Regulatory Commission

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Healthy LifeStyles

Insider

Redacted Pursuant to FOIA Exemption 6.

WHAT'S MY LINE?

HEALTHY LIFESTYLES

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PUT YOUR BEST FOOT FORWARD:

Believe it or not, a 150-pound person walkhing just one mile exerts a force of 63.5 tons on a single foot, according to an American Podiatric Medical Association (APMA) study.

That's why making sure your feet are protected by good walking shoes is important before you take a single step. APMA experts suggest that selecting the correct shoe for your foot type can be paramount in preventing foot-related injuries when starting a walking routine, and can also reduce the risk of accelerating and aggravating many foot deformities.

Feet come in many different shapes and sizes, but usually are categorized into three general types: high arch, medium arch and low arch. Shoe manufacturers have taken foot types into account and created three functional categories for walking and running shoes: motion control. stability, and neutral. It is important to select the correct type of shoe for your type of foot.

Some feet may benefit from orthotics, which are custom designed inserts typically made from actual impressions of your own feet based upon a podiatrist's prescription. While not all feet require.

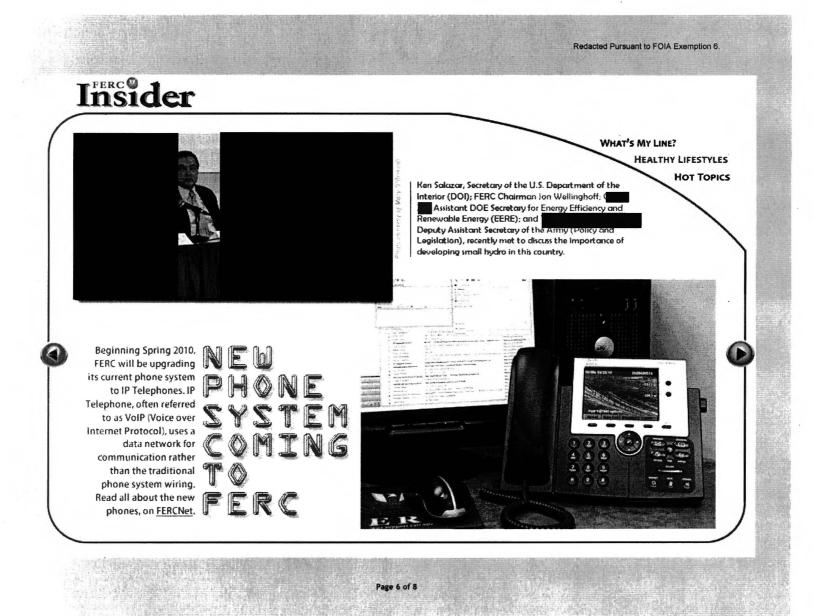
orthotics, inserts are ideal for feet that feel or perform abnormally when standing, walking or running. Orthotics don't just provide arch support, they can alter the angle at which the foot strikes a walking or running surface, improving the way your feet function and feel. While walking and running shoes are appropriate footwear for walking do not wear walking shoes for running. With so many ways to exercise, there are athletic shoes and socks to suit almost every activity. Both should fit well and wick away moisture to keep your feet dry.

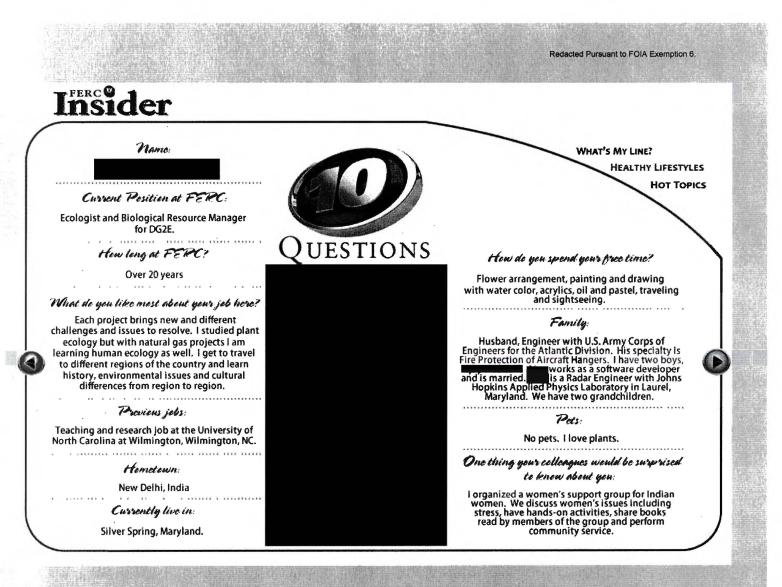
Before you head out for a stroll, it's important to consider the type of surface and terrain that you'll be walking on. Concrete and asphalt can be hard on the bones and joints of your feet, while soft but uneven terrain, such as the beach and outdoor trails. make you more vulnerable to foot injuries. Wherever you walk, it's important to wear the appropriate shoe gear that provides your foot with control and stability.

Walking is easy, safe and inexpensive, but it does require healthy feet. Foot pain is never normal, so if you experience any discomfort in your feet while walking—see your physician or a podiatrist.

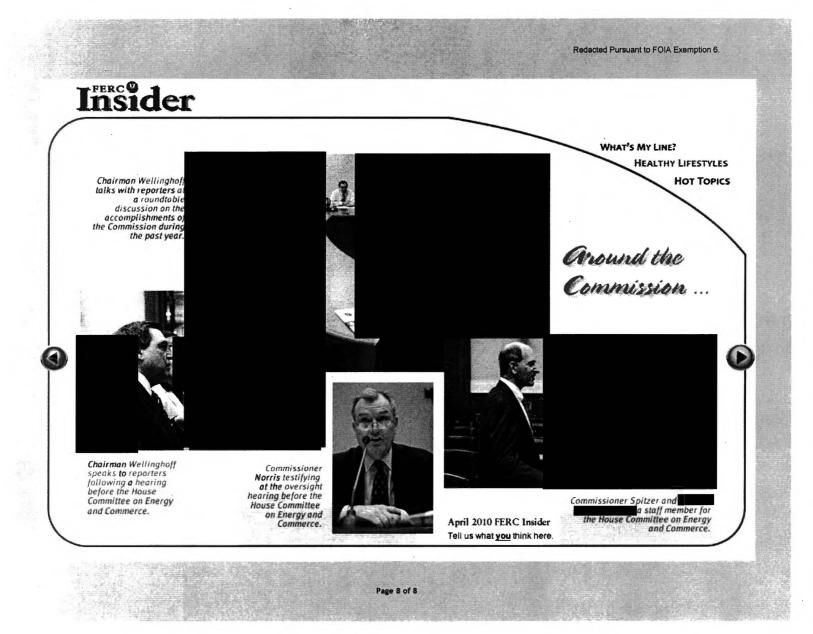
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MAY 2010 VOLUME 17, NO 5

ARRIVALS & DEPARTURES

WHAT'S MY LINE? HEALTHY LIFESTYLES

FERC Nominees Testify on Capitol Hill

Cheryl A. Lafley

Commissioner Philip D. Moeller and Ms. Cheryl A. LaFleur testified before the Senate Energy and Natural Resources Committee on April 27 after being nominated by President Obama on March 8 to be members of FERC. The Senate Committee voted May 6 to send their nominations to the full Senate for consideration.

Previously, Commissioner Moeller was nominated by President Bush to FERC, and sworn into office on July 24, 2006, by Chief Justice of the United States John Roberts, for a term expiring June 30, 2010. His current nomination is for a second five-year term.

Ms. LaFleur is nominated for a five-year term beginning on June 30, 2009.

Ms. LaFleur has more than 20 years of experience as a leader in the electric and gas industry. She retired in 2007 as Executive Vice President and Acting CEO of National Grid USA, responsible for the delivery of electricity to 3.4 million customers in the Northeast.

More this issue: Indian Workshop ... Smart Grid Expo ... Earth Day

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Insider

Commissioner Philip D. Moeller presided at a workshop on April 29 at FERC where U.S. and Indian public utility regulators exchanged information of mutual interest and discussed regulatory challenges facing commissioners from both nations. Former FERC Commissioner William Massey participated in the event as a panelist. Pictured below with Commissioner Moeller are Commissioner Norris, top left, and former Commissioner William Massey (top row, center). Joining them are FERC staff and officials from India.

EDITORIAL WEB DESIGN PHOTOGRAPHY The FERC Insider is an internal publication by and for the employees of the Federal Energy Regulatory Commission and is not intended for external sale or distribution. It is written and published under the auspices of the Office of External Affairs, **Directors** Director. All photographs, unless otherwise noted, are by P All photos are the property of FERC and may not be reproduced without permission.

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WHAT'S MY LINE?

HEALTHY LIFESTYLES

Chairman Wellingho recently joined In and Secretary Key Side

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Insider

FERC Looks to Fase Development of Small Hydropower Projects

FERC recently took a step toward making its small hydropower licensing program more user-triendly by announcing a series of Web-based tools that will help developers understand the FERC licensing process, help improve coordination with other agencies and help license applicants complete the process more quickly and efficiently.

and meet the growing number of state renewable energy standards are drawing increased attention to small hydropower project development," FERC Chairman Jon Wellinghoff said. "These new tools will help provide additional resources to applicants considering developing hydropower."

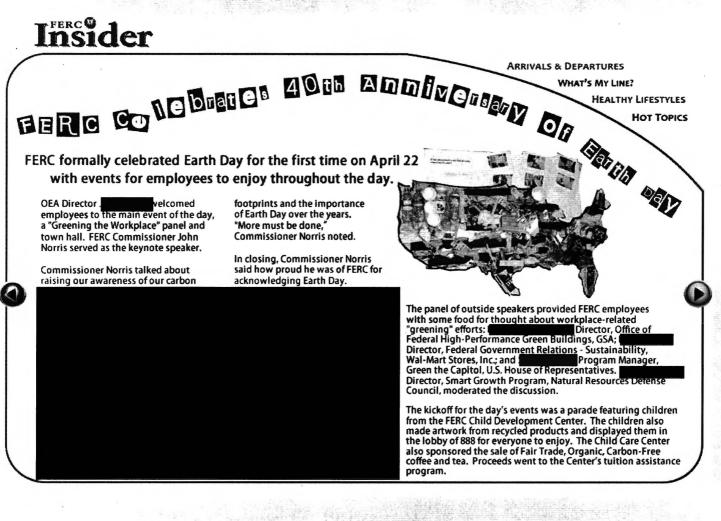
"Small and micro hydropower have enormous potential, but these projects often cannot be developed under traditional licensing methods," Commissioner Philip Moeller said. "By our action today, the Commission is working to ease the regulatory burden of harnessing this clean and renewable form of energy." in August 2010, came out of discussions at FERC's December 2009 technical conference on small, non-federal hydropower projects. The new web resources will provide a roadmap that walks applicants through the process of selecting a project site, determining if a project is jurisdictional, selecting a FERC licensing process, consulting with stakeholders and preparing a license or exemption application. New tools, such as fill-in-the-blank license and exemption application templates and tips on how to expedite the application process, are intended to make it easier for a potential applicant to apply for a license or exemption. (MOUS), with other agencies to improve coordination. They also will employ a new outreach program to educate potential small hydro developers. Staff also will continue to provide a small hydro hotline and email address to answer applicants' questions.

At the December 2009 technical conference, participants noted the increasing interest in small hydropower in recent years. Last year, FERC staff received almost twice as many inquiries on small hydro issues than in 2008. And the Commission has received more preliminary permit, license and exemption applications for these types of projects.

> regular review of important interesting actions by the Federal Energy Regulatory Commission

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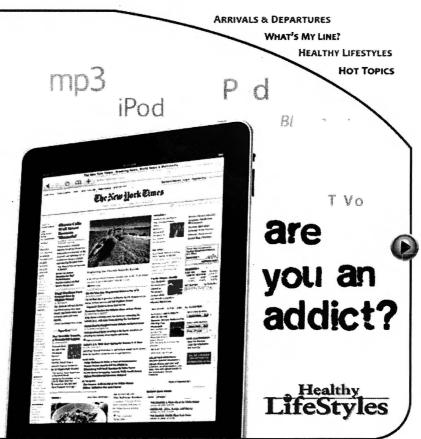
Dorland's Medical Dictionary defines an addict as "a person who cannot resist a habit for physiological or psychological reasons." The American College Dictionary defines an addict as someone "who is devoted to or given up to a practice or habit."

While most people think of addicts as being hooked on drugs or chocolate, many people, and even children, today are hooked on electronic devices. Can you go several hours, while awake, and nor check or use your cell phone, Blackberry, Ipod, Ipad, computer, laptop, Iphone, Kindle, Palm Pilot, mp3 player or whatever electronic device you own? Many people have a psychological need to continually check their electronic devices while at dinner, at meetings, in restaurants, at parties, in the car (even while driving), watching TV (if not on the device), on public transportation, while walking or exercising.

If this describes you, you have an addiction to electronic devices.

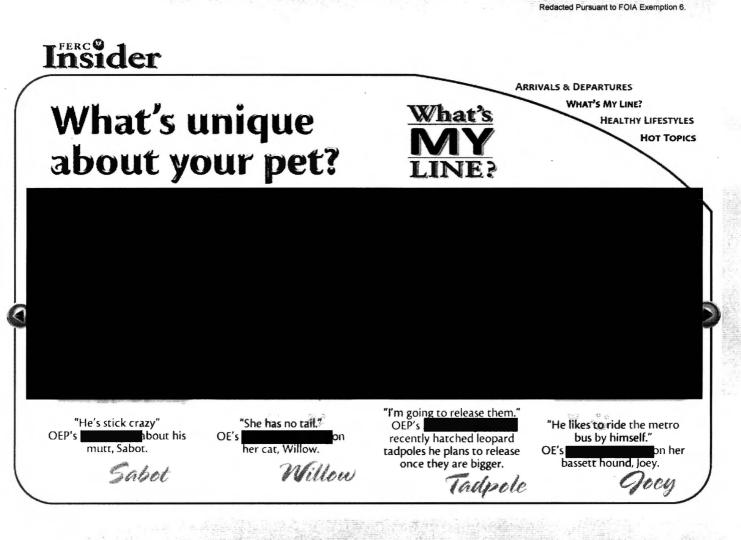
Think of it as if you were having a party and someone sat down and took out a novel and started to read it. Have you ever sat in a restaurant and been annoyed by someone at a nearby table talking loudly on their phone? You cannot drive and talk on a phone, even hands-free, at the same time and concentrate fully on driving. At home, try talking on the phone and watching TV for 10 minutes. See if you can recall exactly what was discussed on both. You probably cannot do it.

Consider trying to go a couple of hours, at one time every day, without using your electronic device.

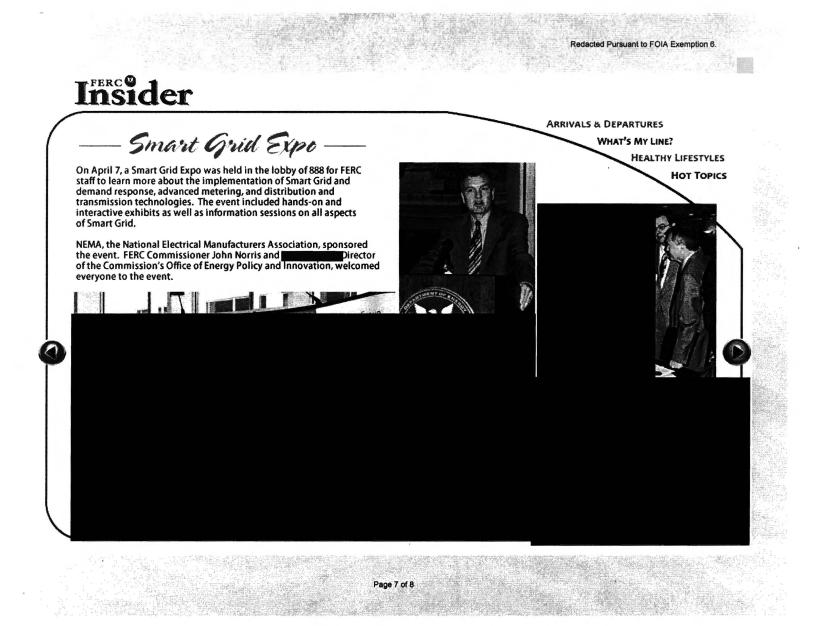


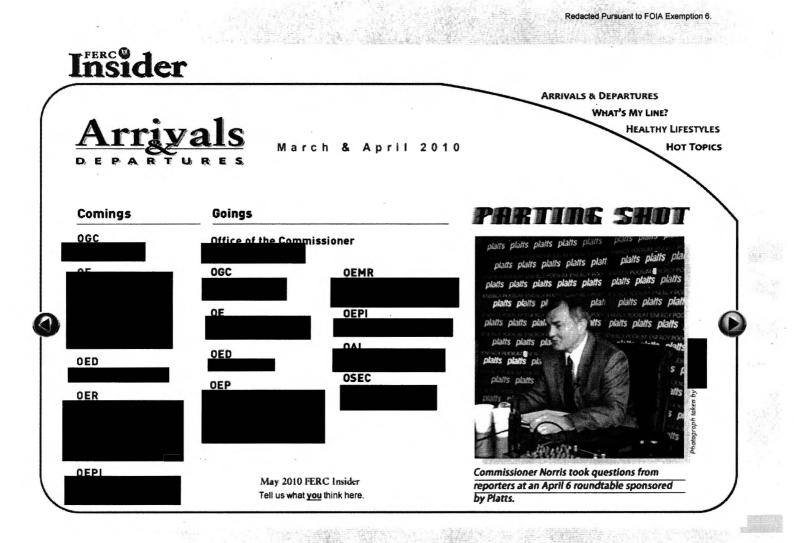
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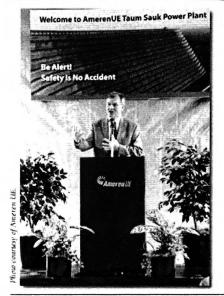


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JUNE 2010

VOLUME 17, NO 6 Arrivals & Departures



The Taum Sauk Hydroelectric Project, the Missouri reservoir that breached on December 14, 2005, reopened at May 27 ceremonies attended by FERC Commissioner John Norris.

The newly constructed replacement reservoir cost \$490 million and is built entirely of concrete. It features multiple layers of built-in safeguards to ensure the safe and continued operation of the project. The project, located in southeastern Missouri, is licensed to Ameren UE.

Joining Commissioner Norris at the event were OEP Director and and and a second second

FERC Commissioner John R. Norris speaks at the reopening of the Taum Sauk upper reservoir.

TAUM SAUK REOPENS

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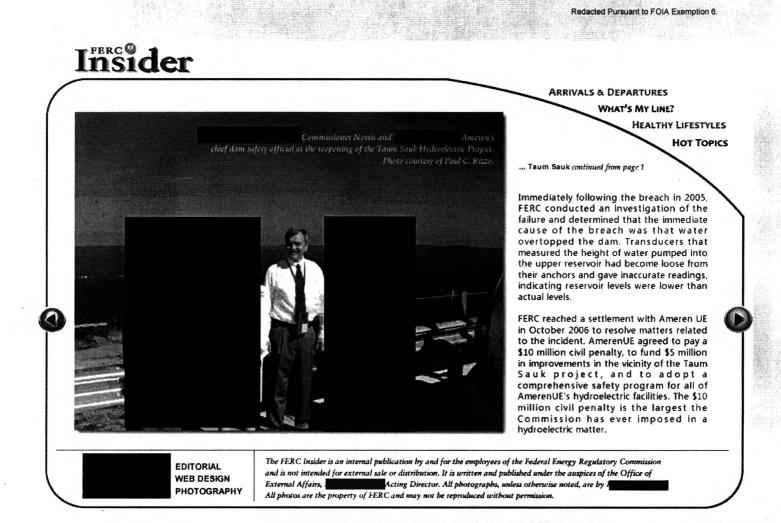
Taum Sauk continued on page 2



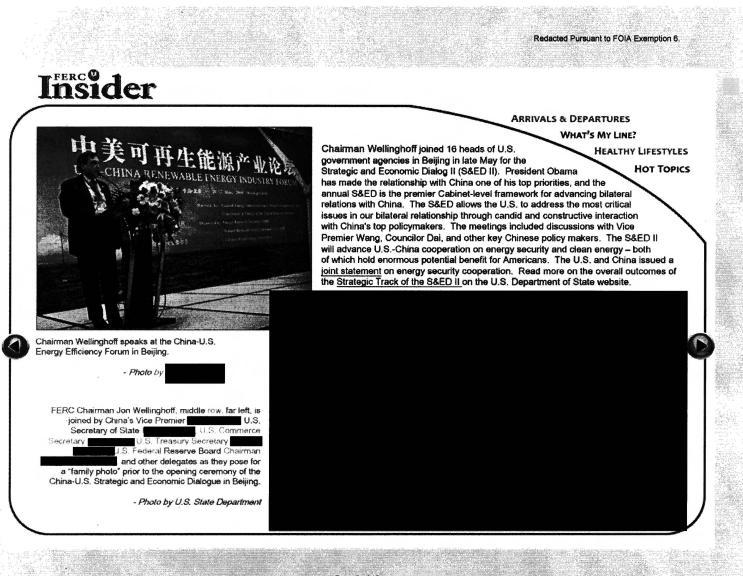
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More this issue: New ALJ ... S&ED in China ... COOP

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FERC, CALIFORNIA SIGN AGREEMENT TO COORDINATE HYDROKINETIC PROJECT

DEVELOPMENT STAFFEderal Energy Regulatory Commission (FERC)



A regular review of important, interesting actions by the Federal Energy Regulatory Commission

In electral Energy Regulatory Commission (FERC) and the State of California have signed a <u>Memorandum of Understanding</u> (MOU) to coordinate procedures and schedules for review of hydrokinetic energy projects off the California coast.

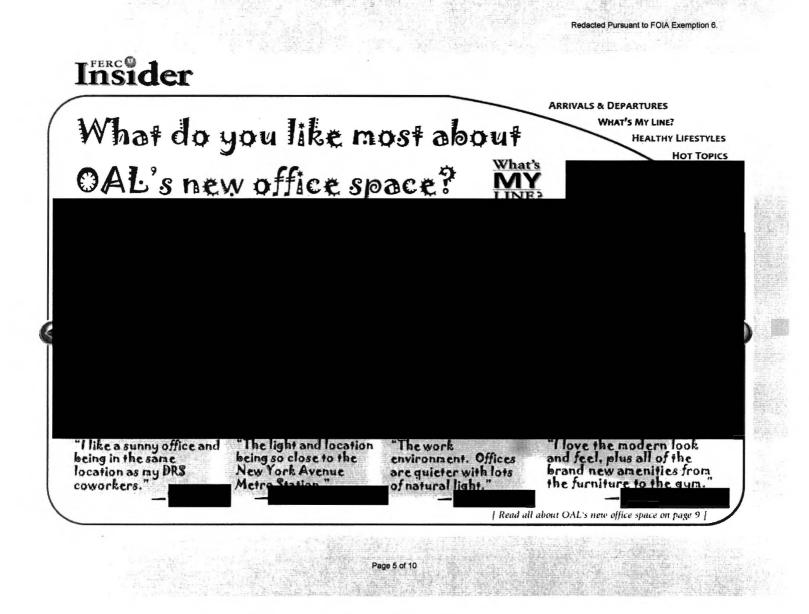
This marks the fourth hydrokinetics MOU that FERC has signed with other states, following agreements signed last year with Washington and Maine, and with Oregon in 2008. Today's agreement ensures that FERC and California will undertake all permitting and licensing efforts in an environmentally sensitive manner, taking into account economic and cultural concerns.

"This agreement with California shows FERC's continuing commitment to work with the states to ensure American consumers can enjoy the environmental and financial benefits of clean, renewable hydrokinetic energy," FERC Chairman Jon Wellinghoff said.

"I am delighted the State of California has signed an MOU with the Commission on developing hydrokinetic projects off the California coast," Commissioner Philip Moeller said. "This completes a sweep of the West Coast which, along with Maine, is showing its commitment to bringing the benefits of clean hydrokinetic energy to the consumers of the United States." FERC AND CALIFORNIA HAVE AGREED TO THE FOLLOWING WITH RESPECT TO HYDROBINETICS:

- Each will notify the other when one becomes aware of a potential applicant for a preliminary permit, pilot project license or license;
- When considering a license application, each will agree as early as possible on a schedule for processing. The schedule will include milestones, and FERC and California will encourage other federal agencies and stakeholders to comply with the schedules;
- They will coordinate the environmental reviews of any proposed projects in California state waters. FERC and California also will consult with stakeholders, including project developers, on the design of studies and environmental matters; and
- They will encourage applicants to seek pilot project licenses prior to a full commercial license, to allow for testing of devices before commercial deployment.

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H-H-H

WASHINGTON'S TYPICAL SUMMER FORECAST - HAZY, HOT AND HUMID!

Although it usually becomes worse in August and September, the way this year's weather has been, we do not know what this summer will be like. These conditions combine to form a Heat Index, which will make your body respond as if the temperature is hotter. Unfortunately, very few people can remain in air conditioning all day. It is very important that you curtail your outdoor physical activities on extremely hot days. Extreme heat and humidity, particularly during heat advisories, alters the body's cooling efficiency, causing you to lose body fluids faster. That creates an electrolyte (body salts) imbalance and can aggravate existing medical conditions, especially heart and lung conditions.

During periods of prolonged, extreme heat it is very important that you cut back or slow down outdoor activities between the hours of 11 a.m. and 7 p.m. and drink plenty of fluids, particularly water. If you will be exercising for long periods or exercising vigorously, you should replace fluids with an electrolyte thirst quencher – substitutes are Sprite, Slice and Mello Yello. For the best results, begin drinking those fluids approximately two hours before exercising and continue throughout and following the exercise. Avoid alcoholic and caffeinated beverages, wear lightweight, light-colored clothing, and avoid sunburn. Do not use salt tablets.

Excessive exposure to extreme heat can cause medical complications ranging from mild to severe medical emergencies. HEAT CRAMPS - mild to moderate loss of body fluids and salts, usually from vigorous activity.

Symptoms - normal or slightly elevated body temperature, muscle cramps, spasms, and tenderness, skin moist and cool.

Treatment - lie in cool area, drink water with sait (4 tsp. sait to 1 gal. water).

HEAT EXHAUSTION (prostration) - excessive loss of body fluids and salts from prolonged vigorous activity. Being physically fit does not reduce risk!!! Symptoms - body temperature above 99 degrees, increased pulse and respiration rates, mild mental confusion, dizziness, headache; you will feel weak; thirsty, have muscle spasms, and your skin will be pale, cold and moist. Treatment - lie down in cool area, drink water with salt.

HEAT STROKE (Sun stroke) – This is LIFE THREATENING and entails a MEDICAL EMERGENCY! Your body is unable to regulate its own temperature, the greatest risk is with the very young or the elderly or with chronic health conditions.

Symptoms - body temperature above 104 degrees, confusion, dizziness, headache; you may faint, have a loss of strength, feel nausea with vomiting and convulsions, your skin will be hot, dry and flushed; you likely will lose consciousness.

Treatment - CALL 911 IMMEDIATELY!! Lie down in cool area, remove clothing, sponge down with cool water.

HAVE A SAFE SUMMER!



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FERC once again participated in the mandatory annual exercise of the federal government's readiness and capabilities to execute their emergency preparedness plan, also known as Continuity of Operations (COOP). This year's exercise, Eagle Horizon 2010, took place May 17 and 18, and focused on a simulated terrorist attack scenario involving an improvised nuclear device that required evacuation of the Washington, D.C.-based National Capital Region (NCR).

The exercise may have been a hypothetical scenario, but it gave an opportunity to test the effectiveness of FERC's COOP program to assure that Commission may continue performing its "mission-essential functions" amid a range of potential emergencies.

The exercise focused on coordination among federal agencies and tested Federal Executive Branch Continuity alert, notification and deployment procedures. One of the core objectives was to evaluate FERC's family support planning and a preparedness assessment. During the exercise, individual FERC offices sent their COOP Emergency Relocation Group members to an alternate FERC location, where they implemented FERC's COOP procedures.

FERC's efforts to continuously improve and strengthen its emergency response capability requires a tremendous amount of support from all Commission employees. The Security and Safety staff would like to thank those individu who participated in this year's exercise. We also would like to thank everyone who made an effort to complete the accountability survey on fercalt.gov.

For any further questions regarding PERC feel free to contact Security and Safety at COOP Program Manager, a ARRIVALS & DEPARTURES WHAT'S MY LINE? HEALTHY LIFESTYLES HOT TOPICS



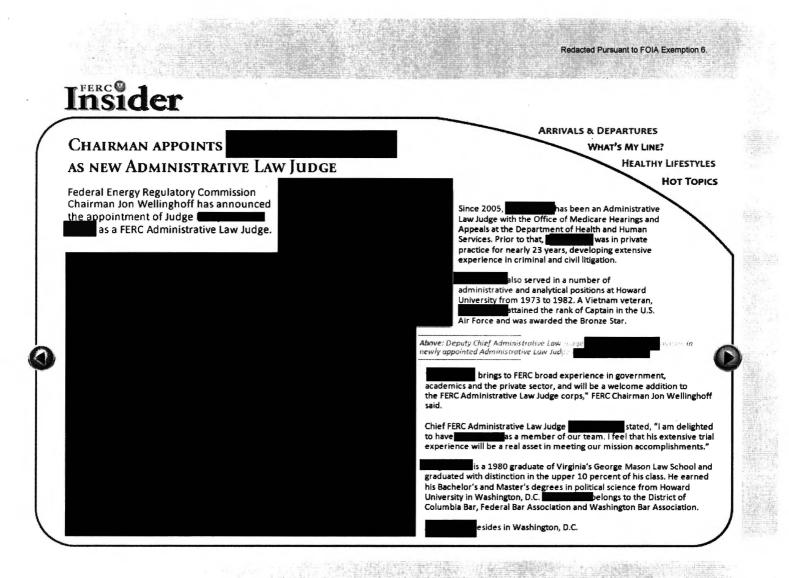
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information about the Eagle Horizon 2010 Exercise.

To obtain additional individual preparedness materials please visit. <u>www.ready.gov.</u>

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Photos courtesy of



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OAL's

FFICE

Space

FERC's Office of Administrative Litigation (OAL) recently relocated to 1100 First Street, NE.

The new office space is 26,000 square feet and includes a mix of private offices and open work stations that house 115 employees on the third floor of the new 12-story building.

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"I think it's great that an office space can be functional, attractive and environmentally friendly

all at the same time," commented OAL Director Rick Miles. "I want to send a special thank you to my staff for their patience during our recent move," Rick added. "Now that we are all here, I know this will be a great place to work."

To help reduce the office's overall energy consumption, the new space features high-efficiency

lighting and HVAC systems, modern ceiling-mounted occupancy sensors and Energy Star equipment. The space was constructed using occupant-friendly and sustainable building materials, including GREENGUARD certified furnishings.

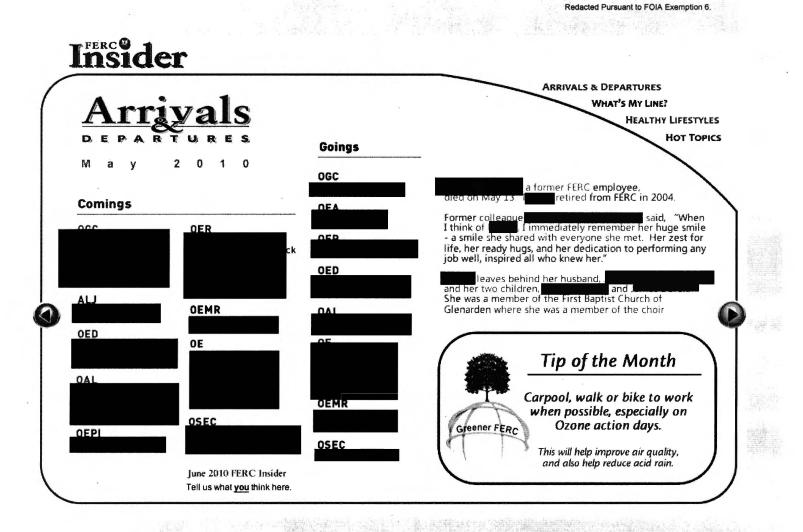
Many of these materials include a high recycled material content and little or no Volatile Organic Compounds (VOCs, which can contribute to the "new car scent" that often irritates many building occupants).

Reflecting a commitment to energy efficiency, FERC hopes to achieve a LEED Silver certification under the LEED 2009 rating system for Commercial Interiors.

This distinctive building, with its all-glass exterior, is located just two blocks North of FERC headquarters and features an outdoor park-like plaza, on-site fitness facility and many floor-to-ceiling windows that maximize daylight.

In keeping with the sleek, modern style of the new building, the new OAL office features modern furniture and finishes that complement the building's contemporary aesthetic. Also, rather than dispose of existing furniture, FERC redesigned and reupholstered a group of chairs and sofas for use in the reception area.

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More this issue: Tranmission NOPR ... Ethics Program ... OBITS

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SENATE CONFIRMS FERC NOMINEES MOELLER, LAFLEUR

The U.S. Senate confirmed Philip Moeller and Cheryl LaFleur to the Federal Energy Regulatory Commission on June 22.

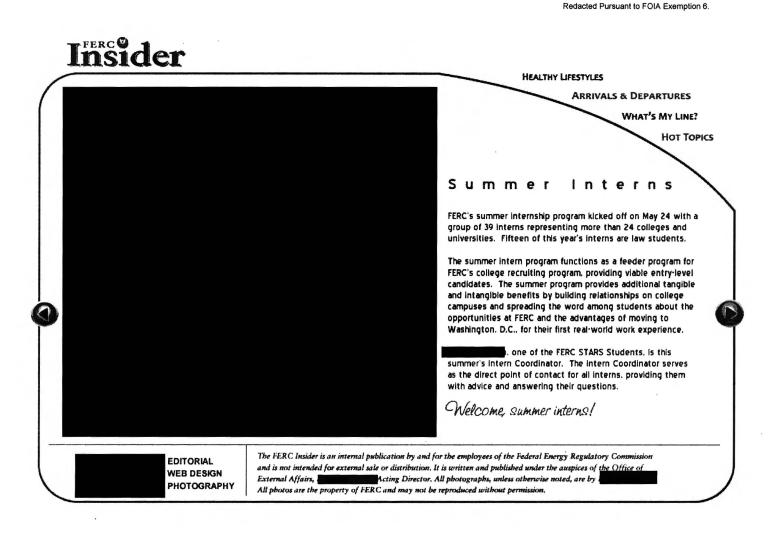
This marks the reconfirmation of Commissioner Moeller to a second term, which expires in 2015. This is Cheryl LaFleur's first confirmation, and her term ends in 2014.

"We are grateful for these Senate confirmations. Commissioner Moeller will be able to continue his important work here at FERC for a new full term, and we will be joined by Cheryl LaFleur, who brings to the Commission experience in energy policy and operations," FERC Chairman Jon Wellinghoff said.

NOMINEES continued on page 7

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FERC proposes, seeks comment on transmission planning, cost allocation principles

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interesting actions by the Federal Energy Regulatory Commission

"Our nation needs a transmission grid that can accommodate rising consumer demand for a more diverse mix of power generators and the sophisticated technology of the smart grid," FERC Chairman Jon Wellinghoff said. "To do that, we must make sure FERC transmission policies are open and fair to all." On June 17, FERC proposed to build on its Order No. 890 open access transmission reforms by establishing a closer link between regional electric transmission planning and cost allocation to help ensure that needed transmission facilities actually are built.

The Notice of Proposed Rulemaking (NOPR) is based on an extensive record: three years of monitoring implementation of Order No. 890, three regional technical conferences and examination of more than 150 sets of comments filed in response to an October 2009 request for comment on transmission planning and cost allocation. It proposes and seeks comment on requiring:

 Transmission providers to establish a closer link between cost allocation and regional transmission planning by identifying and establishing cost allocation methods for beneficiaries of new transmission facilities;

 Transmission planning to take into account needs driven by public policy requirements established by state or federal laws or regulations;

 Neighboring transmission planning regions to improve their coordination with respect to facilities that are proposed to be constructed in two adjacent regions and could address transmission needs more efficiently than separate intraregional facilities; and

The removal from Commission-approved tariffs or

agreements provisions that provide an undue advantage to an incumbent developer so that sponsors of transmission projects have the right, consistent with state or local laws or regulations, to build and own facilities selected for inclusion in regional transmission plans. A significant aspect of the proposal is the requirement that transmission planning take into account public policy requirements, such as state-mandated renewable portfolio standards. Doing so during the transmission planning process will help ensure these legal requirements are met in a way that is fair and efficient to transmission customers.

The proposal also ties cost allocation to the regional transmission planning processes to facilitate the transition from planning to implementation. This ensures that only those consumers benefiting from transmission facilities are charged for associated costs, and gives each region the first opportunity to develop cost allocation mechanisms and identify how the benefits of transmission facilities will be determined. Comments are due 60 days after publication in the *Federal Register*.

The Notice of Proposed Rulemaking

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Insider HEALTHY LIFESTYLES what movie would you most ARRIVALS & DEPARTURES WHAT'S MY LINE? like to see this summer? HOT TOPICS What's " the a team" "toy stopy 3" " karate kid and sex in the city 2" oe "babies" oe oe oed

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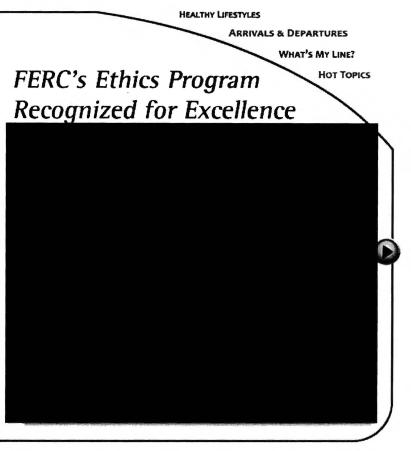
FERC has been recognized by the Office of Government Ethics (OGE) for its outstanding Ethics Program. The ethics team has won two awards: a 2010 Education and Communication Award and a 2010 Ethics Program Award. FERC is among only 12 of nearly 140 federal agencies recognized by OGE for their ethics programs.

The Education and Communication Award recognized the Commission's ethics team for last year's innovative 'Meet Your Ethics Team' campaign to raise employee awareness of the ethics office and to emphasize the importance of ethics in Government work. The 'Meet Your Ethics Team' campaign included a dessert buffet 'meet and greet' where free tokens containing the ethics team contact information were distributed. The event allowed the ethics team to meet with employees and to answer a variety of questions.

FERC also earned the 2010 Ethics Program Award for implementing the following model practices: (1) including ethics duties in the position descriptions of all those who assist in administering the ethics program: (2) providing contractor employees the opportunity to attend initial Ethics Orientation; (3) conducting self-assessments of the internal controls in place for administering the ethics program; and, (4) demonstrating leadership's support for the ethics program by including statements from the Chairman and the Designated Agency Ethics Official in annual training.

Ethics officials and a second accepted the Education and Communication Award at the 17th National Government Ethics Conference in Chicago in May, and accepted the Ethics Program Award from OGE Director (Control of the Chicago) at an award ceremony at OGE in June.

Editor's Note Due to other professional commitments, Designated Agency Ethics Official was unavailable to attend the award ceremonies.



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FERC and CFTC Host Joint Meeting on Energy Clearing

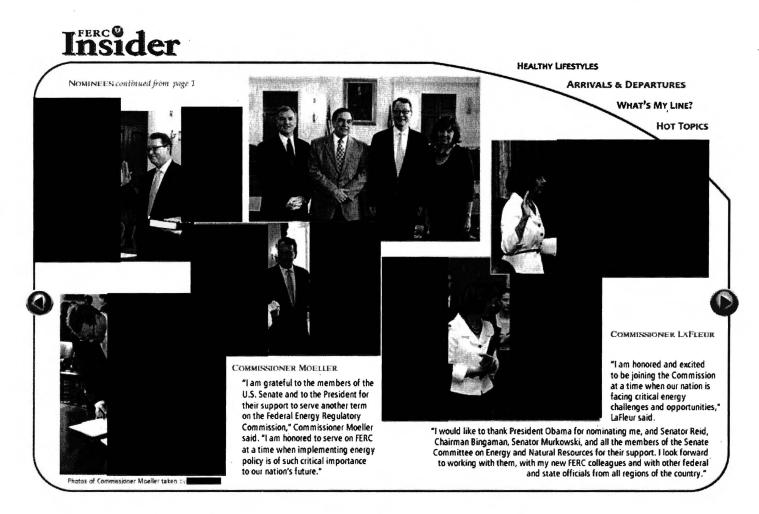
Commissioner Philip D. Moeller and CFTC Commissioner Scott D. O'Malia hosted a joint meeting on June 22 to consider issues related to clearing and inter-ISO/RTO netting in the energy markets.



"Many questions and issues have been raised about improving the netting and clearing functions in wholesale electric markets. We're spearheading this roundtable to discuss these issues in an effort to better protect electric consumers in these markets," Commissioner Moeller said. ARRIVALS & DEPARTURES What'S MY LINE? HOT TOPICS

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HEALTHY LIFESTYLES

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Arthritis & Osteoarthritis

Arthritis is a number of chronic conditions causing inflammation of joints that makes them stiff and painful. Two of the more common types are rheumatoid arthritis (RA) and Osteoarthritis (OA). Rheumatoid Arthritis is a progressive, chronic autoimmune disease in which the body attacks itself. Its cause is unknown. One to two percent of the population has this form, the majority of them women. The hands, knees and feet are the most frequently affected. It is diagnosed with joint x-rays and blood tests. There is no cure for rheumatoid arthritis. It is treated with NSAIDs (aspirin, ibuprofen, naproxen) and other drugs, physical therapy, exercise, weight control and surgery as a "last resort."

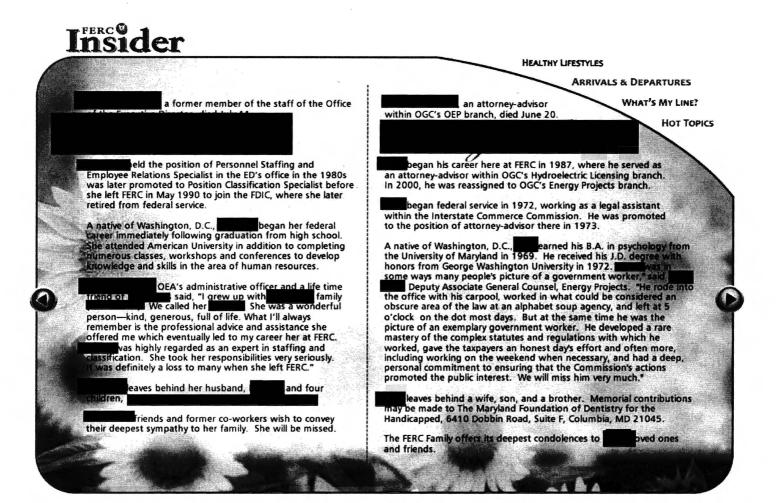
Osteoarthritis is a chronic condition caused by "wear and tear" on joints, causing deterioration of the joint cartilage. Before SS years old, it is found equally in both men and women;

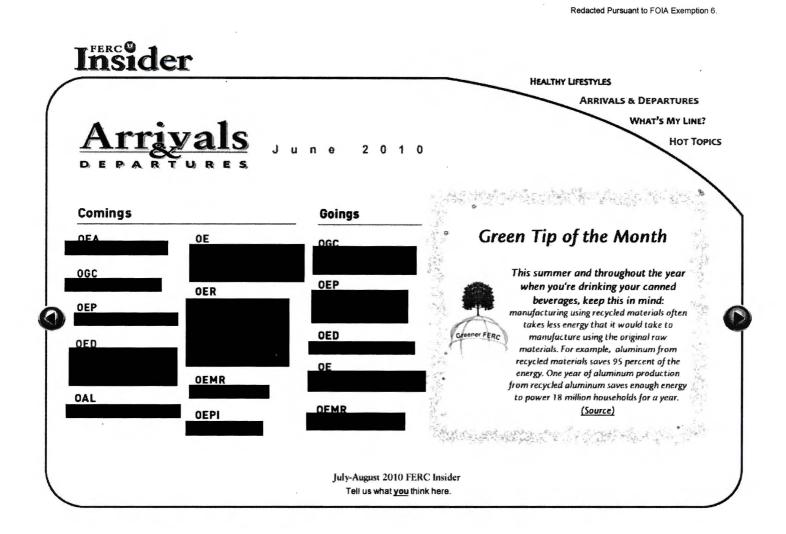


after 55 years old it has a slightly higher incidence in women. It may be found in almost any joint in the body. The main causes are previous trauma or injury to joints, overuse or obesity. It is also diagnosed with x-rays and blood work to rule out rheumatoid arthritis. Osteoarthritis usually responds better to acetaminophen than NSAIDs. The treatments also include physical therapy, exercise, weight control and surgery as a "last resort."

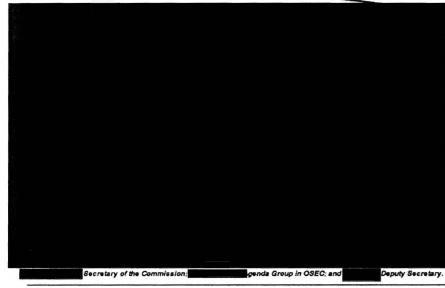
Many people are self treating Osteoarthritis with Clucosamine with or without Chondroitin. Clucosamine is made from the shells of shellfish and should never be used by anyone allergic to shellfish or iodine. Because of its possible interactions with other medications, it should never be used without first discussing it with your physician AND your pharmacist.

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SAFETY & SECURITY ARRIVALS & DEPARTURES WHAT'S MY LINE? HOT TOPICS

Busy August at FERC

August in Washington. D.C., is a time when many residents flee the heat of the city to enjoy some rest and relaxation elsewhere. But at FERC, August is anything but quiet.

For example, this year FERC or the Commissioners acted on 1,608 documents during the month of August. This included 104 ALJ issuances, 221 notices, 555 delegated orders, 106 notational orders and 622 miscellaneous items such as extensions of time, reports and news releases.

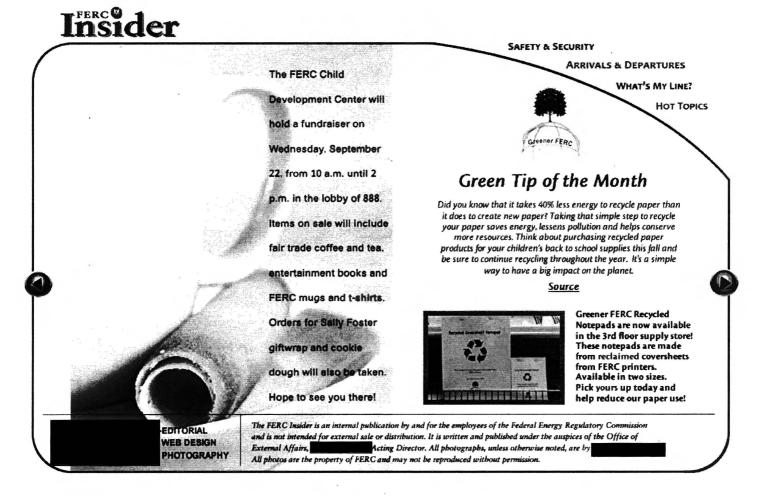
- More on page 6

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More this issue: World series ... Fundraiser ... OBIT

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SAFETY & SECURITY

Insider

FERC, COLORADO SIGN AGREEMENT ON SMALL HYDROPOWER DEVELOPMENT

FERC and the State of Colorado have signed a Memorandum of Understanding (<u>MOU</u>) to simplify procedures authorizing the development of small-scale hydropower projects in Colorado.

The Commission has seen rising interest among entities seeking to develop small, low-impact hydropower projects, and federal surveys have identified several hundred potential small hydropower projects of smaller than 5 megawatts (MW) in Colorado with a combined capacity of more than 1,400 MW. These projects have the potential to make a significant contribution to Colorado's renewable energy mix, to help meet Colorado's new Renewable Energy Standard and to create related business opportunities while reducing greenhouse gas emissions that contribute to climate change.

"I want to thank the second se

"I commend Colorado's leadership for recognizing the great potential for hydrokinetic resources in their state," Commissioner Philip Moeller said. "This clean and renewable source of electricity can provide a valuable contribution to powering the state's future."

"Colorado's leadership in spearheading the pilot program is an important step to encourage the development of small hydro facilities," Commissioner Cheryl LaFleur said. "There are opportunities in many regions of the country to develop small hydro facilities that help meet renewable energy goals and contribute to economic development."

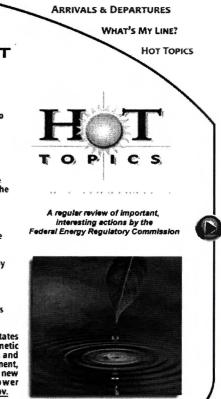
Under the MOU, FERC and Colorado agree to the following:

- Colorado will develop a pilot program to test options for simplifying and streamlining procedures for authorizing conduit exemptions and small 5MW or less exemption projects while ensuring environmental safeguards;
- Colorado and FERC will identify a single point of contact for implementation of the pilot program;
- Both parties will hold quarterly teleconferences to discuss the development and implementation of the pilot program;

Both parties will share and make publicly available all relevant economic, environmental, and technical data.

FERC will waive certain consultation requirements when all relevant resources agencies agree to do so.

FERC has signed MOUs with four other states recently on the development of hydrokinetic projects: California, Washington, Maine, and Oregon. Related to this latest announcement, the Commission unveiled on August 31 a new web page devoted to small hydropower licensing. You can find it online at FERC.gov.



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Insider SAFETY & SECURITY ARRIVALS & DEPARTURES baseball W WHAT'S MY LINE? The first the HOT TOPICS tea ro 0 WHY! What's 6 JE? es? V Ser 0 St. Louis Cardinals. OEMR Office of **Commissioner Moeller** "The Nats."— DEPI "Seattle Mariners."-DE

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ARRIVALS & DEPARTURES

WHAT'S MY LINE?

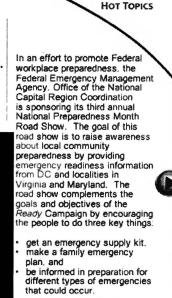
HEALTHY LIFESTYLES

Insider

September is National Preparedness Month

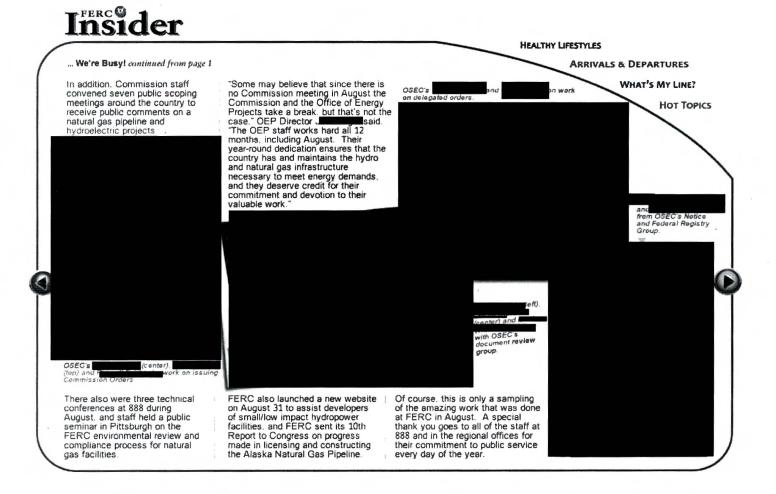
September 2010 will mark the seventh year for the DHS/FEMA *Ready* Campaign and Citizen Corps to sponsor National Preparedness Month. National Preparedness Month is designed to encourage Americans to work together to take concrete actions toward emergency preparedness across the country in homes, schools, businesses and communities to highlight the importance of individual and community public emergency preparedness.

Some of the things you can do to prepare for the unexpected, such as making an emergency supply kit and developing a family communication plan, are the same for both natural and man-made emergencies. However, there are important differences among potential emergencies that will affect the decisions you make and the actions you take. Learn more about the potential emergencies that could happen where you live and the appropriate way to respond to them. In addition, learn about the emergency plans that have been established in your area by your state and local governments. Emergency preparedness is no longer the sole concern of earthquake prone Californians and those who live in the part of the country known as "Tornado Alley." For Americans, preparedness must account for man-made disasters as well as natural ones. Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count. The National Preparedness Month Road Show will come to FERC from 9 a.m. to 1 p.m. Wednesday, September 29, 2010, in the West Lobby. Please plan to attend.

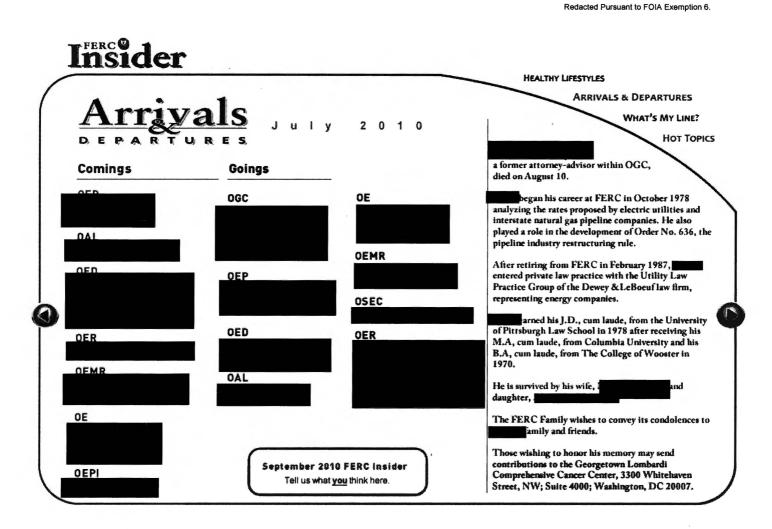




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Insider October 2010 Volume 17, No 9

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SAFETY & SECURITY

ARRIVALS & DEPARTURES AROUND THE REGIONS WHAT'S MY LINE?

FERC's Office of Administrative Law Judges has been recruiting law school graduates from around the country for many decades to serve as law clerks to the Administrative Law Judges (ALJs). These positions are highly competitive; more than 300 graduates submitted applications for a few coveted positions in the past year.

LAW CLERKS SERVE IN COVETED POSITIONS

Chief Judge Content of the involved oversees the selection of the clerks, their assignments and their workloads. Each clerk is assigned to two ALJs for two years and works on a variety of issues that may require drafting initial decisions and orders as well as attending trials, oral arguments and mediation sessions. Outstanding critical analysis and writing skills are essential to the job. *continued to page 5*

More this issue: Softball ... CFCNCA ... Groundbreaking

left to right, are:

The ALJs' current law clerks include, in the front row from left to right

PRINT

ARRIVALS & DEPARTURES

AROUND THE REGIONS

WHAT'S MY LINE?

Insider SAFETY & SECURITY FERC's Softball Team Wins Championship 00 8 FERC's mighty softball team, FERCULES, claimed victory and the Championship in their league with a 19-6 win against the undefeated Administrative Office of the US Courts, or the "13th Street Streetwalkers." This is quite an accomplishment for the FERC team, which just this year joined the DC Think Tank Softball League. At the Commission's monthly open meeting the morning after the victory, FERC Chairman Jon Wellinghoff commented, "I'm giad to hear that we have good camaraderie here at 888 First Street and on the softball field. So thanks to the team captains, and second for keeping the FERC

softball team inspired. I want to congratulate the team."

The team's regular season record was 8-2, and FERCULES went on to win four playoff games to be crowned champion. The team played a mix of league and non-league games, mostly on the National Mall, approximately once a week from May until early September. Since the team has grown considerably over the past several years, members are considering having two 'teams next year, so new players are welcome. Interested parties may contact

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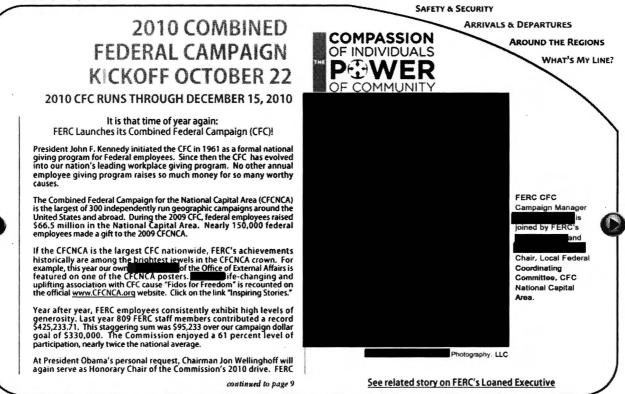
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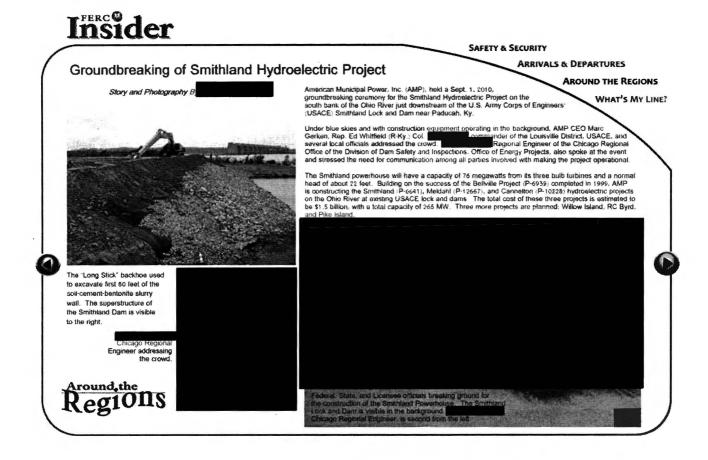
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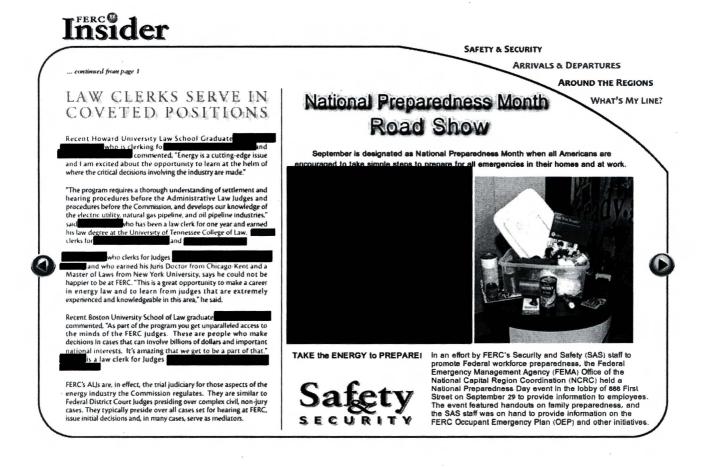
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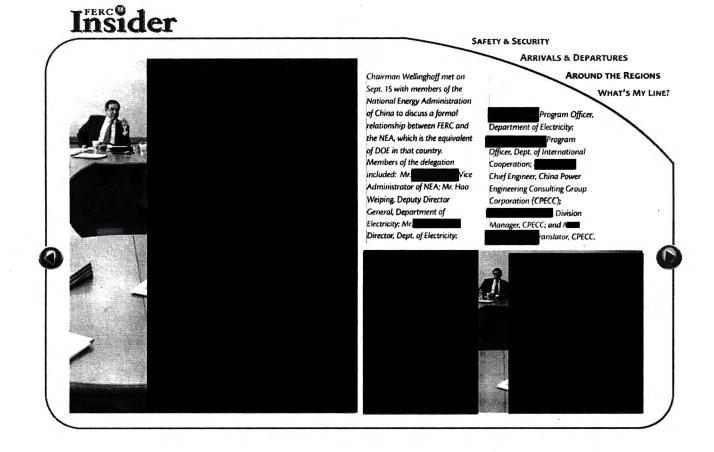
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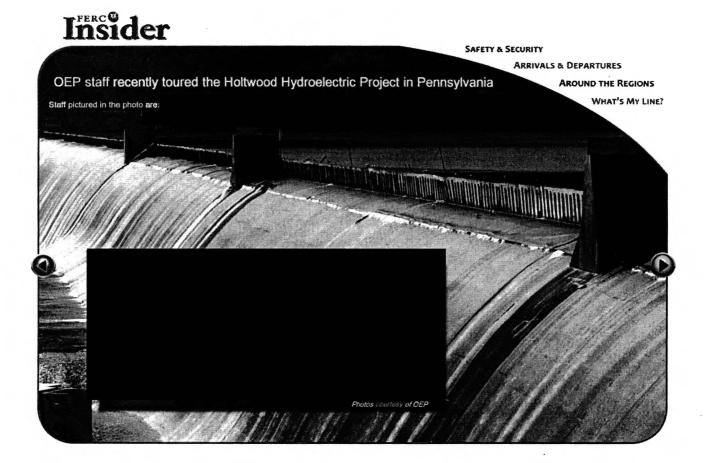
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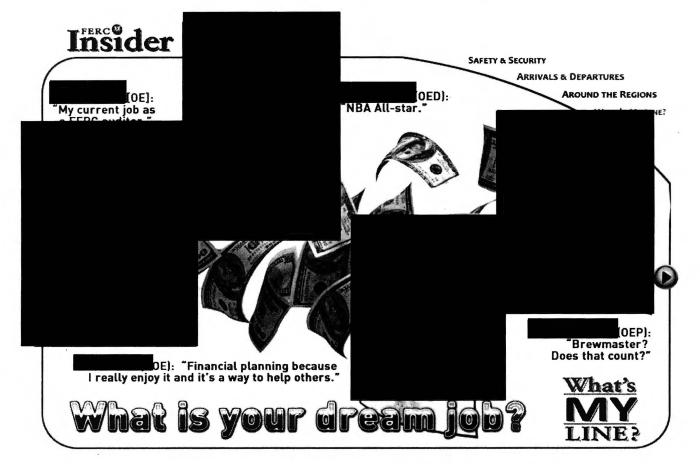


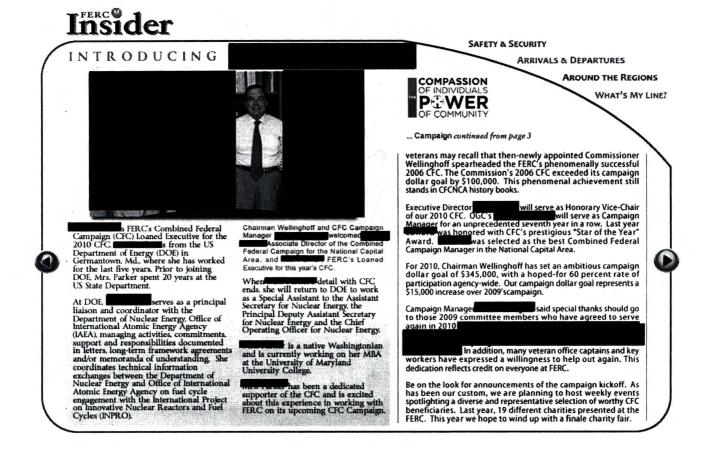


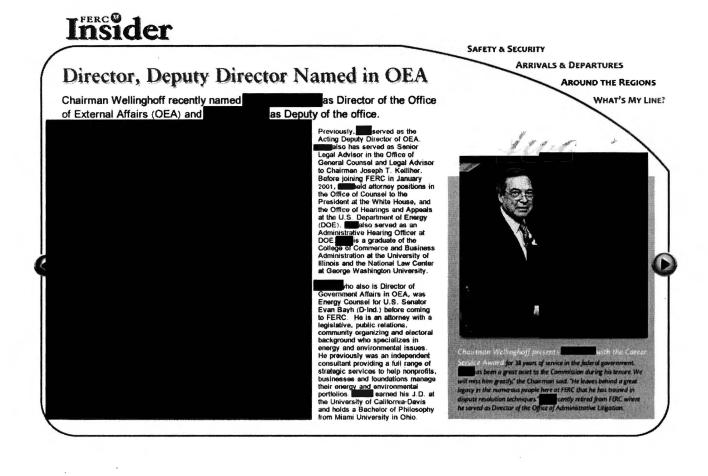


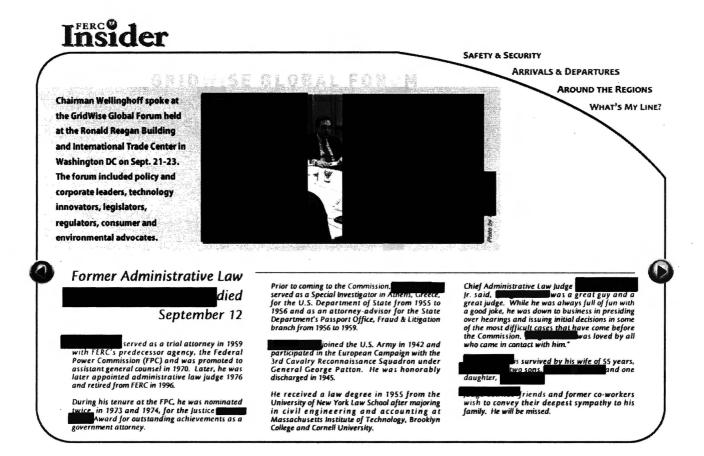


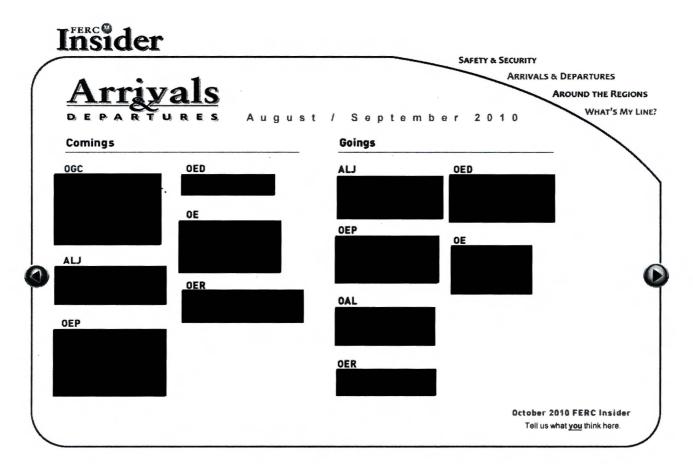


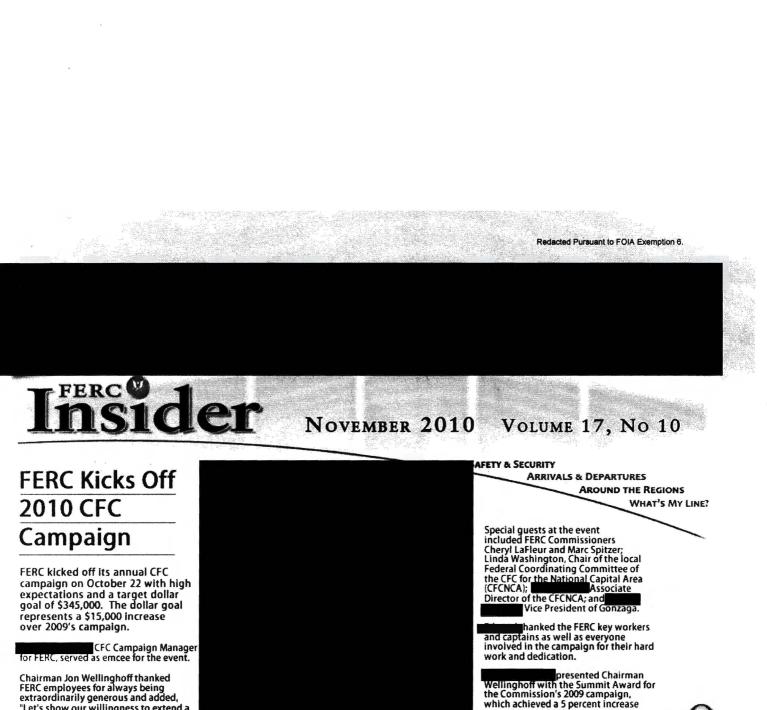












extraordinarily generous and added, "Let's show our willingness to extend a helping hand to those in need."

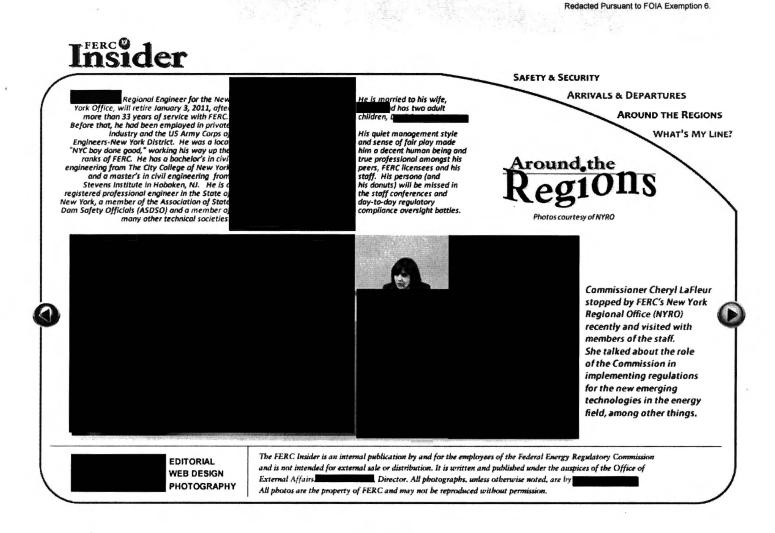
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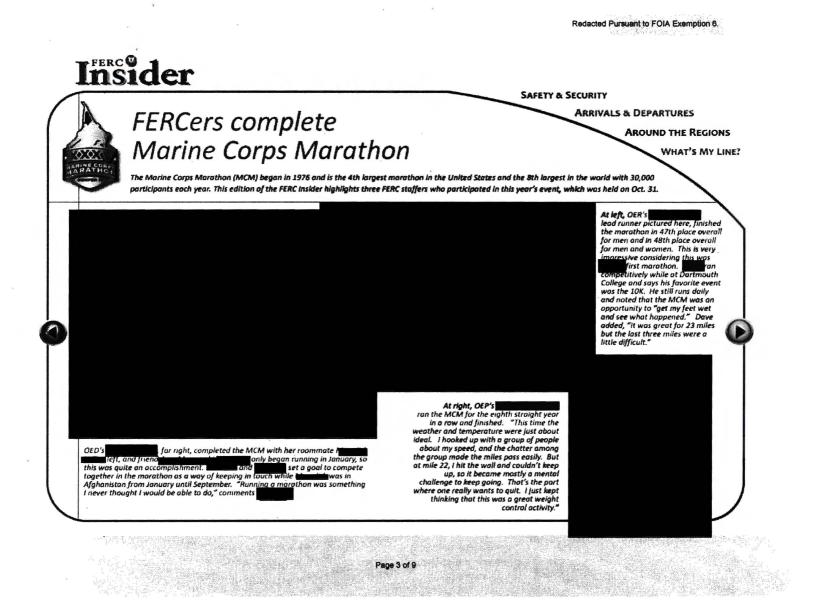
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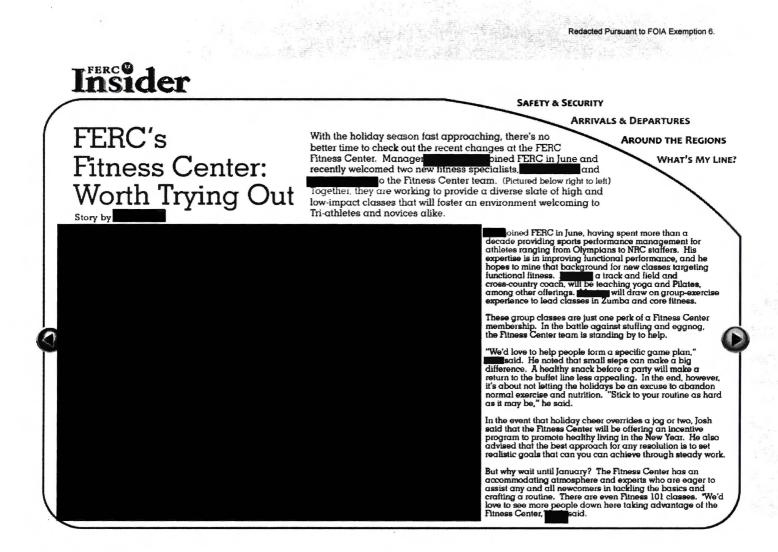
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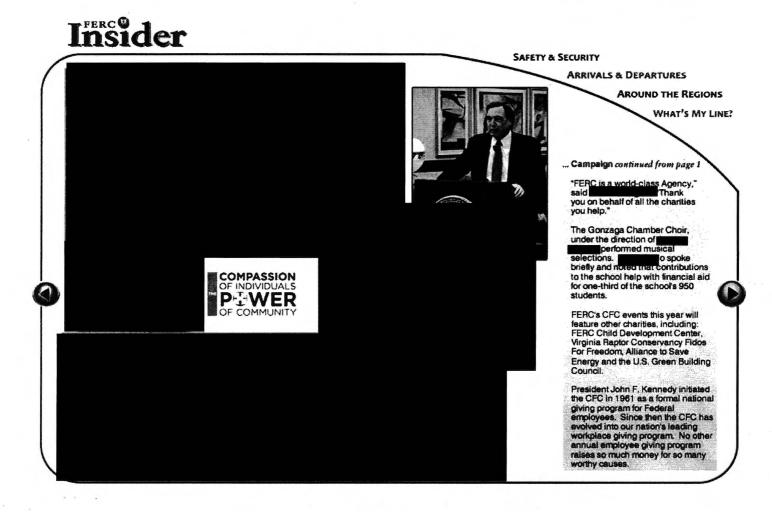


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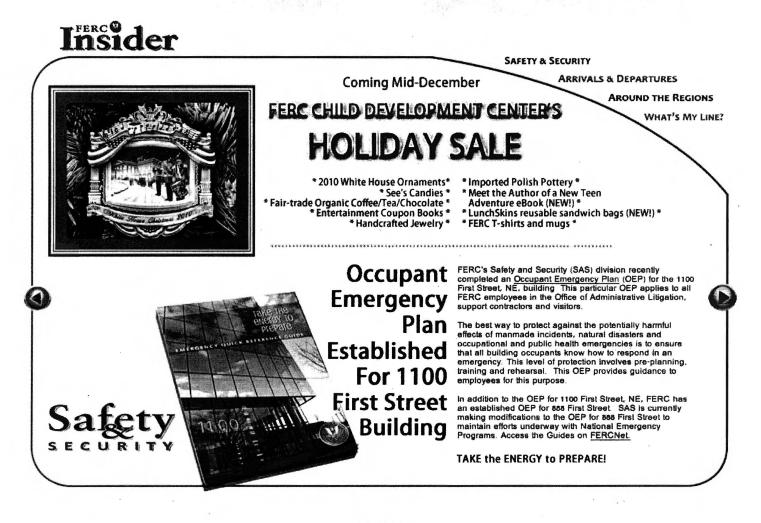




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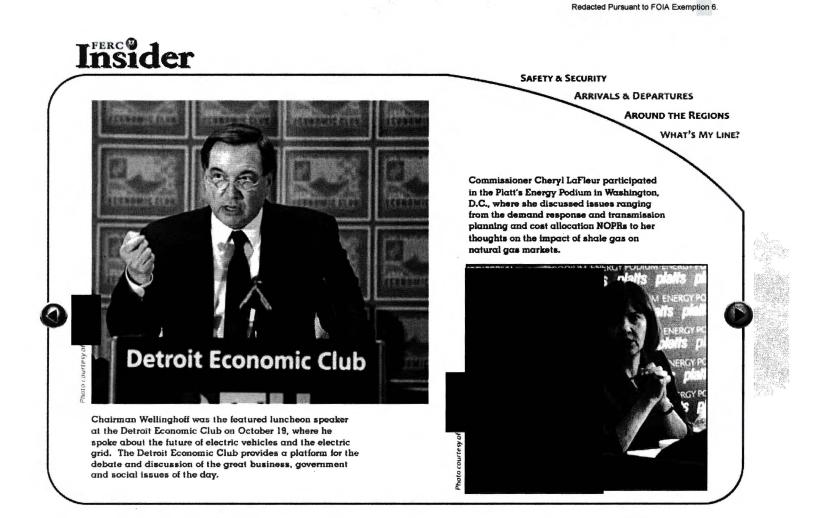


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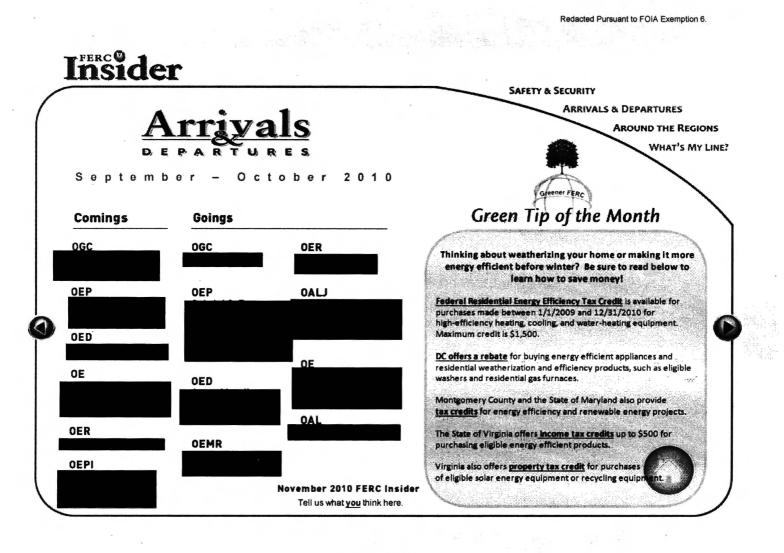
Insider How do you give back to your Community? **ARRIVALS & DEPARTURES AROUND THE REGIONS** WHAT'S MY LINE? "I'm a captain for the CFC campaign and I'm helping an unemployed family with two children by paying their utility bills." OE "Around here, I volunteer with the Greener FERC initiative with the intention What's of promoting sustainable workplace practices and having fun in an "I'm a CFC key worker, volunteer at Fairfax Hospital and will participate in a run for cancer I volunteer to help senior environmentally friendly fashion." citizens, at homeless shelters and at the election polls." OED rticipate in a run iv. awareness next spring." OE LINE OEP

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